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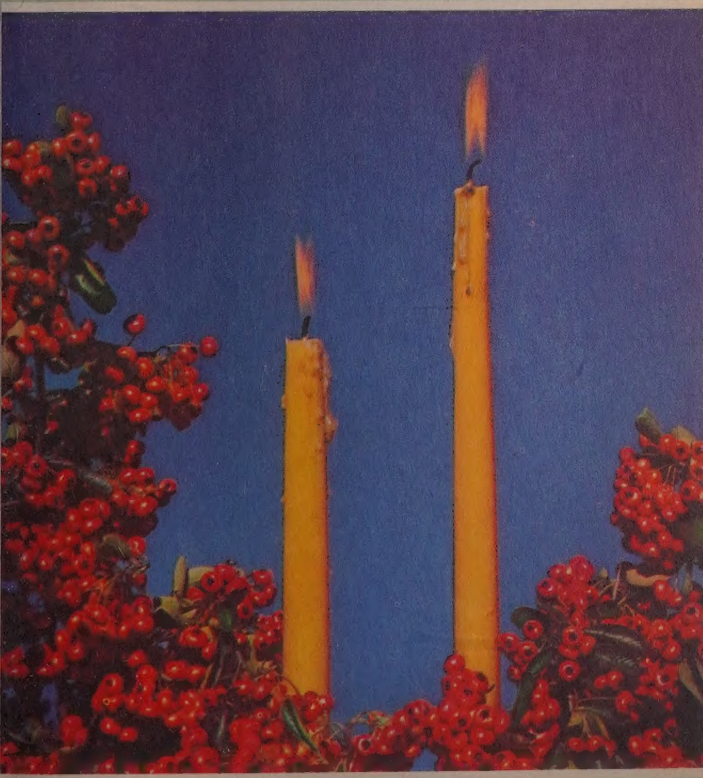

Peace on Earth

This has been so closely simulated in some people that they have honestly believed that they were Jesus reincarnated. Some have felt the passion of the Crucifixion so keenly that blood oozed from their brows and from the palms of their hands. It is true that these cases were the effect of extraordinary psychological conditions, but they must have had a basis in some great mind force in order to produce such marked changes in the body. They are not mere hallucinations. They have a spiritual basis. An understanding of the tremendous soul forces that are stirred up in the regeneration would clear up many of these apparently miraculous experiences. People who were merely in the throes of regeneration have been adjudged insane. They did not understand what was taking place, and those in authority were equally ignorant of the soul throes that sometimes possess those who are passing through this transformation of soul and body.

Historically considered, a very considerable part of Jesus' time was devoted to casting out devils, but one who is following Him in the regeneration discerns that He was cleansing His own consciousness of error thoughts. The Greek word for demon, usually translated devil, has a varied use in the original. One use designated very wicked demons; another use meant shades or ghosts, and the word *daimōn* meant defied spirits. This latter was the word used in Matt. 8:31, the account in which the devils asked to be sent into the swine. The devils of the parable represented error states of mind that had been quickened by Truth and were repentant. When one knows the work of Jesus in regenerating or reconstructing

the mind and body and that this work is typical of what all have to do he sees that every shade of every character of thought has to be dealt with, and he also understands that the demons or devils are error states of mind that have to be overcome.

The very first step toward the new birth is to get the right idea of man and of God. "God is Spirit," taught Jesus, and man is the son of God. If God is Spirit, His son must be like Him; hence, man is the manifestation of all that is in his parent, God. Man must, therefore, be a spiritual being and, if spiritual, he should think of himself or consciously relate himself to his spiritual source. When the consciousness of his divinity dawns upon man he begins the new birth. He is then the infant Jesus, begotten by the Holy Spirit and born of the virgin, pure Truth.

The body of Jesus had no taint of sex passion in it. In this respect Jesus is type of the spiritual body that is formed in each soul in the new birth. The divine feminine in man is the Mother; God, through His Holy Spirit, is the Father. The stable in Bethlehem where the birth takes place represents the elemental life in its substance center in the body. The Wise Men from the East, who bring gifts to the young Child, represent the wisdom that experience in past lives has stored up in the inner recesses of the soul. In Scripture symbology, east means the within and west the without; north the above and south the below. The shepherds watching by night are the protecting entities of God that have watched over the soul in its sleep between incarnations. The star represents the soul's first awakening before it realizes its Christ wisdom and power. The morning star

heralds the coming of light and the final glory of the sun. In like progressive unfoldment the soul has its star of promise that leads on to wisdom, then to final glory in the sun of righteousness, which is the Son of God.

All these symbols represent steps in the masonry of the soul. The rites and ceremonies of almost all lodges and brotherhoods are primarily based upon regeneration. When its esoteric meaning is understood the New Testament will be found to be the ritual of a secret brotherhood with Jesus as the Grand Master. Solomon's Temple with its inner and outer courts is a symbolical representation of man's body. Worship in the Temple represents the efforts of the soul to sustain a right mental attitude toward God.

The soul has all-possibility. "Is it not written in your law, I said, Ye are gods" exclaimed Jesus. But He also said, "In your patience ye shall win your souls." Jesus, as the young child, is the neophyte taking His first degree in the mysteries of life. John the Baptist represents man in his animal or natural degree of development. In a spiritual sense he is the prehistoric cave man. His raiment was of "camel's hair" and a "leathern girdle about his loins"; and his food was "locusts and wild honey." This is the son of man who is to be "lifted up," that is, transmuted into a higher type of man when the divine atma or Christ man asserts his dominion.

When there wells up in the soul a great desire to be free from the bondage of ignorance and the animal propensities the journey from Egypt to the Promised Land begins. The Christian world in-

terprets this journey of the Children of Israel to be symbolical of the transition of the soul from earth to heaven. Heaven, according to Jesus, is within man, and with this understanding we see that the escape of the Israelites is paralleled by the escape of the soul from ignorance and materiality. The temptations in the wilderness represent the desires and ambitions of the untried and untrained forces in the subconscious personality. When in the wilderness Jesus was tempted by the "adversary," or personality; but with His superior understanding He withstood the deceptive promises made. When the personality suggested that Jesus make substance out of matter, use His power to rule over others, or do other marvelous things to prove His mastery, He said to the satanic personality, "Get thee hence, Satan."

The new birth is not confined to Christianity; it is found under various names among the religious cults of every nation. Initiates and adepts in the schools of the inner or spiritual life of man have been developed in every age. Egypt had its temples dedicated to secret doctrines long before the time of Jesus. It is claimed that the Great Pyramid represents, in its secret passages, the progress of the soul in the development of the inner life. India is especially rich in lore describing the development of the soul through many incarnations until it attains adeptship and enters Nirvana. Soul mastery is taught as a secret doctrine in China and Japan; in fact, believers in the occult may be found in every nation under the sun. Mystic brotherhoods exist among the Zuni Indians; the Indians of other tribes have their initiates or "medicine men" also.

However, it should not be inferred that these are all white magicians, or followers of the Christ. Jesus said that the kingdom of heaven had been taken by violence and force. It is possible to break into the elemental life, substance, and power that form the basis of the kingdom of heaven and to use them in selfish ways. This is black magic and is the work of the selfish personality that Jesus referred to in Matt. 10:28: "Fear him who is able to destroy both soul and body in hell" (Gehenna).

Every phase of thought that the soul passes through was depicted by Jesus in allegories, parables, comparisons, and physical experiences. His life, as recorded in the four Gospels, covers every point that the individual may experience spiritually, mentally, or physically, and those who follow Him in the regeneration are able easily to separate the psychical from the physical.

That the temptations in the wilderness were not physical is quite evident, because there was no mountain from which all the kingdoms of the earth could be seen, nor was there a temple in that wilderness to which the Adversary could have taken Jesus. All these and many more, including the royal entry of Jesus into Jerusalem riding on an ass, are allegorical representations of the way in which certain states of mind are handled by the initiate. The ass represents stubbornness, obstinacy, self-will, the riding or overcoming of which is a very great victory for the advancing soul. The hosannas of the rejoicing multitudes represent the joyful obedience and homage that all the thoughts in one's consciousness give when an error state of mind is overcome. After this victory

over willfulness Jesus entered the Temple and cast out avarice (money-changers) and all those who sold doves (traffic in innocence and purity). That this temple was His body is plainly taught in the 2d chapter of John, where the same overcoming is related. The Jews thought He referred to the structure called the Temple when He said, "Destroy this temple, and in three days I will raise it up. . . . But he spake of the temple of his body."

Jesus on the cross demonstrated in its finality the complete overcoming of carnal consciousness. Carnality is the "adversary" that possesses us all. The Crucifixion is the climax of the great initiation. The promise is that those who overcome shall sit with Jesus on His throne.

The one supreme idea that should go home to every follower of Jesus is that the regeneration is a soul process in which abundant spiritual life, even eternal life, is incorporated into the body. The doctrine that we are going to sit with Jesus on His throne of dominion after we are dead is not taught in the Scriptures; on the contrary, the teaching is clear and emphatic that Jesus came "that they may have life, and may have *it* abundantly." Mortal selfishness and ignorance have killed the life of the body since the time of Adam's disobedience and willfulness; but now the way has been opened for the restoration of eternal life to everyone who follows the teaching and example of Jesus.

Eternal life is free to all who will attain a *consciousness* of it. But God cannot give man eternal life without man's willing acceptance of it. Man must *know and understand* the issues of the spiritual life

currents in his own body even more intimately than he understands and knows about the circulation of the blood.

Eternal life is gained by thinking about life until life itself springs forth as a living thing that energizes and thrills with gladness and satisfaction every function. Herein is the greatest danger to one who is not under divine guidance. When the abundant life begins to thrill soul and body sensation is aroused and the temptation of pleasure as the object of living confronts the neophyte. Do not follow Eve and eat of the tree of sensation, although it is "a delight to the eyes." The throne of dominion is gained through mastery, and all the pleasures of life must come under the discipline of the Lord of wisdom. When you give up to sensation for mere pleasure you will find pain a close follower. Then you will begin to live in two states of consciousness, pleasure on the one hand and pain on the other. The pleasure you will name "good," and the pain "evil." Appropriating the consciousness of good and evil is the real eating by Adam and Eve of the symbolical tree in the Garden of Eden.

Paul's advice, "Do all things to the glory of God," is safe. Do not annihilate desire and sensation, but transmute them to spiritual ideas. "As Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up." The son of man is man's consciousness of himself, the personality. Man has devoted his innate dominion to the service of sense life, and he must, through Christ, raise his consciousness of man to its rightful place—the Son of God.

Work with God

GEORGIANA TREE WEST

A RECENT SPEAKER told of talking with a farmer on a small, isolated farm. "There must be a lot of drudgery connected with farming," he said.

"No, sir," replied the farmer, "there's a lot of work, but work isn't drudgery when you're building something."

The farmer is right. Even such routine work as planting corn, adding columns of figures, waiting on tables, or driving a truck need not be drudgery if the worker has a goal—some worth-while end in view and something toward which he is building.

All of us are working toward the goal of building better and richer lives. We want to grow mentally, morally, and spiritually. Nature teaches us many valuable lessons on the subject of growth:

"Have you listened to the pine trees?
Have they whispered to you their philosophy of life?
By a quiet lake in the moonlight
I paused and listened;
And this is what the pine trees said to me:

"'We have grown tall because we have grown straight;
We have grown big because we have reached toward the stars;
We have learned that the way to increase our height is to keep growing;

We have grown strong because we have rooted deep in the good earth;
We have been patient for we have learned that it takes time to grow a great tree!
We have faced life bravely as it came, sunshine or storm, snow or rain;
We have filled our sphere with the sweet aroma of our needles and have given shade to those who came our way;
We have known the joy of service by sheltering with our branches the nests of birds;
We have been still and listened to God, and we have seen His face in the dawning of each day.'

"The pine trees were silent then, swaying as if in benediction,
And I walked away beneath the stars meditating on their message."

We, too, want to grow tall and straight. To grow tall is to walk with God. To grow straight is to know what is right and to stick to it. We know that there can be no growth without work, which is the releasing of creative energy into constructive activity. This idea of work is suggested in the 3d chapter of I Corinthians: "For we are God's fellow-workers: ye are God's husbandry, God's building." Moffatt translates this passage thus: "We work together in God's service; you are God's field to be planted, God's house to be built."

All nature, including man, serves God. Emerson says that "we lie in the lap of immense intelligence, which makes us receivers of its truth and organs of

its activity." George Eliot also expresses this relationship of God and man in a terse illustration:

"I say, not God Himself can make man's best
Without best men to help Him. . . .
'Tis God gives skill,
But not without men's hands: He could not make
Antonio Stradivari's violins
Without Antonio."

Does this make Antonio greater than God? But who made Antonio? No creation can be greater than the creator. And yet the creation is essential to the Creator in carrying out his plan. We must realize that God needs man and man needs God. God created man to be His co-worker in making manifest the perfection of His universe. Man's work is to particularize the universal, to give form to the formless energy of Divine Mind, to bring ideas from the invisible realm of mind into the visible realm of form.

We are truly co-workers with God in His husbandry. If we understood this better, we would enjoy work more. We need to understand that when we are engaged in pursuits of a creative nature we are working, regardless of the nature of our activity. Only when we are engaged in such pursuits are we functioning normally, for life is creative activity. And to work, to do something creatively active, is to live a normal life.

Those who know nothing of the joy of work have not lived fully and deeply. Those who waste their days in idle pleasures are disrupting the rhythm of life and soon find themselves bored, restless, and discontented. There is an old adage,

"Satan finds some mischief still
For idle hands to do."

Much of the misery we see in the lives of those around us is the result of failure to use the animating life force within in constructive ways, failure to accomplish any good work, failure to be of service to God and man.

Work, rightly understood, has its physical, mental, and spiritual aspects. When body and mind are working normally, producing something worth while, they are attuned to Spirit, which animates them. We know that unused muscles become flabby. It is equally true that the unused mind becomes sluggish, and the sluggish mind is nonreceptive to the influence and guidance of Spirit, which makes it live. The result is slow evolvement on the pathway of life, and we may have to repeat many lessons because of a partially wasted incarnation.

All evolvement, which is growth and expansion, comes through effort. This is what work really is — the effort to grow and to expand in some direction. We see all nature working. All living things work to sustain themselves; all are equipped to grow and to fulfill their own purposes. The creative power of Divine Mind works in all and through all.

Because man has not understood his Creator and his own creative nature, he has not understood what work really is. He has confused it with drudgery. Work and drudgery are synonymous words in the minds of many, but Friedrich Froebel, the great German educator, calls this a delusive idea. He says: "The delusive idea that men merely toil and work for the sake of preserving their bodies and procur-

ing for themselves bread, houses, and clothes is degrading and not to be encouraged. The true origin of man's activity and creativeness lies in his increasing impulse to embody outside himself the divine and spiritual element within him."

Froebel's statement may be related to one of Jesus': "The Father abiding in me doeth his works. You and I can say this with equal truth. When we are not active in constructive ways we are denying expression to the Father within, refusing to be of service. Every constructive, creative impulse is truly the Father within seeking expression through our work in some form of service.

Without understanding of self man cannot understand why he works. Two persons may do the same kind of routine work. One comes to the end of the day dull, weary, and uninterested in making any effort to enjoy life. The other comes to the end of his day's work ready to enjoy recreation and rest. The difference lies in the attitude of mind toward the work. One is not only uninterested in what he is doing but is probably resentful because he has to do it. The other is interested in what he is doing, no matter how routine it may be. He is interested in his working companions; he is interested in what the day will bring, interested in doing his work to the best of his ability because he has set a goal for himself. So he comes to the end of the day with the feeling that "something attempted, something done, has earned a night's repose."

We need not think of work in terms of great accomplishment. Any act of service, no matter how simple, is doing God's work here on earth. Render-

ing service to others is being a co-worker with God.

Jesus recognized God as a worker and Himself as a co-worker when He said, "My Father worketh even until now, and I work." In the 1st chapter of Genesis we are told of six great evolutionary periods (six days) in which the Creator brought His creation to a point of self-expression in man—His ultimate creation, imbued with His own creative power. Man, made in God's image, is the expressed self of God, which is to continue the work of creation. Jesus knew this. He knew that His task was to reveal to us the truth of our own divinity and to help us understand that our purpose of existence is to bring forth here on earth the likeness of that glorious image within us. This we can do with God's help, "for we are God's fellow-workers."

We must learn to say with Jesus, "My Father worketh even until now, and I work." Our responsibility is to carry on with our work, ever developing new marvels leading toward ultimate perfection in this earthly realm, where we are God's co-workers.

Like Jesus, we are to "work the works of him" who sent us. We are to give full and free expression to our creative ability in constructive ways in our daily activities. This is our work! We can be wonderfully helped by carrying into our work this affirmation: *"Into my work I put myself—the spirit of joy and success within me—and in all that I do I behold the successful work of the Spirit of God."* When the heart is filled with the Spirit of God the hands are animated with the spirit of service, and work is freed from all sense of drudgery. Work becomes what God ordained it to be—joyous, creative activity.

A Child Is Born

KATHLEEN W. WELCH

For unto us a child is born, unto us a son is given; and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, Mighty God, Everlasting Father, Prince of Peace.

HOW FORTUNATE we are to have two such wonderful commemorative seasons as Christmas and Easter each year! And each has the same deep meaning—a birth; a beginning; something wonderfully and gloriously new taking place; a light shining out of the darkness, whether it be the darkness of a tomb, of ignorance, of tyranny and oppression, of fear, or of any false race belief.

The birth of Jesus is the most momentous happening that has ever taken place on earth. Its importance is such that world history is divided into two separate and distinct eras, B.C. and A.D.—before Christ and anno Domini (in the year of our Lord). However, the true and deep meaning of Christmas is not concerned with calendars but with man's relationship to God and to his fellow men. The beloved Son of God was sent to a world filled with strife, hate, tyranny, oppression, and greed. He came that men might know the truth about God and about themselves. He came to show them a loving, ever-present Father and a kingdom of heaven here and now, a realm of good to which they have access at all times. He told them plainly that if they wished

to live in the realm of God's love they must be "born anew," they must change their consciousness and become new creatures with new beliefs, new attitudes, new, living faith in their divine right to health, joy, and happiness as God's beloved children.

It is two thousand years ago that the Christ child was born in Bethlehem; that the angels sang "Glory to God in the highest, and on earth peace, good will toward men;" but the same Christ is being "born anew" in the hearts of men today; angels of peace and good will may still be heard by the faithful, for the Christ is not of time but of eternity. That angelic song was not a special song for one day, for one event, but it is a song that is woven of melodies that may be heard by the open and receptive heart at any time and at any place. Did not Jesus Himself say, "Before Abraham was born I am," and "Lo, I am with you always, even unto the end of the world"? At this glorious Christmas season when we are reminded of the birth of Jesus in a manger, let us look before us. Each day the Christmas story may be reenacted in our hearts; each hour the Christ may be "born anew" in our thoughts, words, and deeds. Every time we hold back a heated word, an impatient response; every time we refuse to be critical, to judge by appearances, to hold resentment or unforgiveness; every time we call forth love to govern our impulses we are experiencing a new birth of the Christ in our hearts.

Christmas is a season for the exchanging of gifts. The greatest gift of all—the gift the Father has given to man—is the present and eternal Christ self within. At the Christmas season this Christ self,

whether consciously or unconsciously expressed by man, shines forth as joy, laughter, and unselfish, generous giving. There is joy in the very air we breathe, a keen sense of expectancy of blessings and all good things. But our warm expansive feeling should not be limited to the Christmas season. Too frequently there is a letdown feeling after the gifts have been opened, after the guests have left and the home and family once more settle down to routine living. However, the Christ is not limited to time or place. As long as man awakens to the fact of God's love, of His gift of the indwelling Christ, so long will Christmas be alive and glowing every day, every hour, every minute. And what if we feel unworthy to entertain so great a guest? Was not the manger, which first received Him, a humble and crude cradle for a king?

Oh, the beauty and unfailing adequacy of the inner Christ, continually being born and reborn in our hearts! Once I was going through what Truth students term a period of "staleness." My spiritual growth seemed to be at a standstill. My days were gray and overcast. Then suddenly one day this thought came to me: "what have I been doing lately? Why, I've been turning my back on the shining, inner Christ, patiently waiting for my recognition! Every moment He is offering me joy, radiant life, and well-being, and I have been less courteous and grateful to Him than to a friend at my door bearing a gift." How often I have been lifted up out of a mood of depression or a feeling of inadequacy by the thoughtfulness of a friend! Negative feelings are nearly always caused by lack of gratitude, by lack of recogni-

tion of ever-present, ever-active good. The Christ child is "born anew" in us when we consciously turn to His presence and feel His love radiating through us. The door of our hearts is opened to Him, and He shines forth in all His glory, dissolving all darkness of ingratitude, fear, and doubt and healing and blessing not only ourselves, but our fellow men. Yes, the greatest gift we receive at Christmas—or at any other time—is the continual rebirth of this wonderful Child, this Prince of Peace in our hearts; and let us remember that He said: "Peace I leave with you; my peace I give unto you; not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful."

Another wonder that we sometimes forget is the fact that this same glorious gift was given not only to the apostles, but also to Mary Magdalene, the publican, the prodigal son, the widow who gave her mite, the halt, the lame, and the blind. No one is excepted! This gift is given to you and to me—to everyone—everywhere!

Another lesson we can learn from the birth of the babe in the manger is simplicity. Jesus was born of simple folk, He was born in simple surroundings. Those coming to pay Him homage were simple shepherds and Wise Men from afar. Let us learn to use simplicity and wisdom in our Christmas festivities and celebrations. There are many persons who feel that Christmas has been commercialized to such an extent that a great deal of its original meaning has been lost sight of. If this is so, surely it is a condition of affairs that can be remedied only by each individual. As world peace can be brought about only

by individuals with peace in their hearts, so is it also with the true spirit of Christmas. If each individual quietly and firmly reminds himself of the true meaning of Christmas; decides not to go to extremes in buying Christmas gifts and planning celebrations; does not become confused, rushed, or swamped under the holiday preparations, then a quiet, serene reverence will fill the days with genuine love, joy, and generous giving. There will be a wholesome spirit of Christmas and no letdown, no extreme fatigue afterward. *Before* Christmas, let us pray to the inner Christ presence to give us light and wisdom and serenity through the busy days, so that we may lose none of the beauty, reverence, awe, and peace of the divine Nativity.

The scriptural reading at the beginning of this article are words spoken by the prophet Isaiah years before the birth of Jesus. Other seers of olden times also prophesied the coming of the Messiah. Thus we know that the loving Father planned His glorious gift for His children long before He sent it. Always His love is concerned with man's spiritual welfare. Eternally His yearning hovers over us, pressing at the door of our hearts. "See," He is telling us in substance, "the wonderful gift I am trying to give you. I not only gave my beloved Son, Jesus, to the people of Judea and Galilee as a teacher and a healer; but this same ideal, this image of Myself, I have placed within you as your comfort and strength and inspiration. I cannot force you to recognize Him, because I have also given you the freedom of choice. You may either accept or reject Him. You alone have the choice. Not only at Christmas, not only today do you

have access to this higher self, this Counselor, this Friend, this Prince of Peace, but He and I, who are one, ever wait patiently for your recognition."

At our first awareness of the Christ within a change begins to take place in our consciousness. Things that seemed all important to us gradually fade into the background. Our sense of values is raised to a higher level and the seed of Truth is planted in our consciousness. If we are wise and love, cherish, and nurture this tiny seed, it will grow and expand until our whole life is filled with the glory of the inner Christ self, until every part of our being is governed and guided and prospered by His infinite love and wisdom.

"Except ye turn, and become as little children, ye shall in no wise enter into the kingdom of heaven." How well Jesus understood the importance of humility and a childlike faith! It is not necessary for one to have wealth, prestige, or unlimited resources in order to pay homage to the Christ child. The well-known and beloved story "The Littlest Angel," tells of a great, unselfish love and reverence. A little boy angel considers himself very insignificant indeed in the kingdom of heaven and is always afraid of doing the wrong thing. But when he hears that the heavenly host is going to bring gifts to celebrate the birth of the Christ child, he racks his brain trying to think what he has that will make a worthy gift for the beloved Child. The only thing he can think of is a box of miscellaneous articles that he played with when he was a boy on earth, and that had been his most precious possession. The Understanding Angel learned of this and sent a "Heavenly

messenger" to earth to get the box for the Littlest Angel. When the big day arrives and the host of heaven, in the presence of God on His throne are laying down their gifts to be presented to the Christ child, the Littlest Angel slips through the throng and humbly places the small box inconspicuously among the other gifts. The poor Littlest Angel thinks that God and all the other angels will laugh and be disdainful of his little gift. But instead, the Father sees into the heart of the little boy angel and knows that he has given unselfishly the things that were dear to his heart when he was a boy on earth. And He commends him and his gift, telling all His heavenly host that it is the best gift of all.

And so is it today! At Christmas time the smallest, least expensive gift may be the best. If it has been chosen with love, with a sincere desire to bring happiness, and if it has been blessed in the giving, it will not fail to please and bless both the giver and the receiver.

Every day, every hour, we have opportunity to give the precious gift of the Christ to another. Perhaps it is just a friendly smile at a time when a sign of friendliness is sorely needed. Perhaps it is a word of praise and encouragement to one who is feeling depressed and unable to face life. Perhaps it is a word of Truth, uncovering and bringing to the surface the "imprisoned splendor" and beauty that lie deep in the heart of every man, woman, and child, no matter what the "appearances" may be. A word of forgiveness, bringing blessed light and love and happiness into the darkness and tension and separation of misunderstanding, is a precious gift and

worthy of any king's son or daughter. This kind of gift exchanging is doubly blessed, because it releases the Christ nature in both the giver and the receiver.

"I bring you good tidings of great joy which shall be to all the people: for there is born to you this day . . . a Saviour, who is Christ the Lord." Always remember this. If your heart is a manger that cradles the Christ child, this same Christ, whether seemingly asleep or wide awake, is also in the hearts of your fellow men. Never be guilty of turning your back on the Christ. One must be alert, understanding, and loving to be ready and willing to meet the Christ in another halfway. Perhaps there has been a misunderstanding, a feeling of estrangement or "hurt feelings" between you and a friend or a member of your family. Perhaps you feel that you have done all you can possibly do and have gone on your way with a mental shrug. Later, this friend or relative puts out a "peace feeler," some insignificant remark, maybe, but addressed to you personally. Do not make the mistake of ignoring or passing over it too casually. The Christ in that person has just reached out to the Christ in you, and the forgiving Christ in you must respond. It is one of the really important moments in life and in eternity! Do not miss it! Get your little self out of the way and allow your higher self to shine through.

"Upon this day His love supreme
Relights the inner flame,
And we who walked as in a dream
Awake to know His name;
For He is here whom we adore,
Oh, happy thought and sweet!

Forever and forevermore
The Christ in you I greet."

Yes, truly, "love covereth all transgressions" and gives "a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of Jehovah, that he may be glorified."

Let us think of the coming Christmas season not as the occasion for social get-togethers or family reunions. Let not our hearts and minds be so filled with worldly, material things that we have no time and no room for the Christ child, but rather let it be a blessed time of soul rebirth, of awakening, of newness, of a deeper understanding of our spiritual heritage as children of a king. Then will the shepherds again hear the song of the angels: "Unto you is born this day . . . Christ the Lord . . . On earth, peace good will toward men."

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Thank you for your patience and co-operation!

Faith Must Be Practiced

RUTH BARRICK GOLDEN

PERHAPS YOU HAVE HEARD the expression, "We wriggle before we creep; we creep before we walk; we walk before we run." If you stop to think about it, learning to walk is quite a procedure, as anyone who has observed or guided a baby through this exciting stage of development will verify! The baby, discovering the power to move his hands and feet, starts wriggling and kicking at once. until he develops the ability to move his entire body. He continues to use these muscles of locomotion once he discovers this power. He creeps—oh, how he creeps!—and then he pulls himself up by crib posts, chairs, trousers' legs, anything within reach, until he can stand alone without holding onto something. And then one day—joy of joys!—he takes a step, and then another, and another. Once he learns to walk, he practices with all his might and God-given energy, until presently he is flying up and down the sidewalk on roller skates, then over the hills on a bicycle!

In mastering any technique each step must be put into practice as it is learned. It must be more than an abstract theory; it must be built into the consciousness until it becomes automatic. The technique of driving a car, building a bridge, running a home, conducting a business, or teaching school must be learned step by step and practiced faithfully if we expect to attain proficiency. In learning to type, to

play golf, to operate machinery, we must practice over and over.

It is not to be supposed that we can develop speed, accuracy, or skill in any of these by practicing for a week or two and then turning aside from it for a week or a month at a time, any more than a child would learn to walk if he stopped exercising his muscles of locomotion for a few days or weeks.

"If I fail for one day to practice, I know it," said a famous musician; "if I skip two days, my wife knows it; and if I go three days without practice, my audience knows it." So it is with our faith. It must be something more than theory; it must be a workable and working rule of life. "Faith, if it have not works, is dead." "Be ye doers . . . not hearers only." It is a law of life that what we do not use we lose. Nowhere is this more graphically presented than in the parable of the talents, which Jesus explained to His apostles. You will recall that the servant who hid his talent lost everything—he had no joy of accomplishment, no satisfaction of working and producing, no commendation from his master, and even his talent was taken from him. It is always so.

One of the first lessons we learn in the study of Truth is that we shape our destiny by the thoughts we think, by the words we speak. We learn that sickness, lack, and failure are caused by blighting thoughts, by negative and destructive words of doubt and fear or criticism and condemnation. Likewise, we learn that health, peace, and well-being result from loving, trusting, uplifting thoughts and dynamic, constructive words. But just knowing that

thoughts make or mar our personality, that words develop or destroy our happiness and usefulness is not enough.

To read books and articles showing how to attain inner peace will not still the turmoil of an upset and frustrated mind. To attend lectures and listen to sermons on how to find health and prosperity without practicing what is read or heard is as futile as trying to bake a cake by the mere assembling of the recipe, ingredients, and utensils on a work table.

Can it be that some of us follow a similar procedure in our practice of Truth? First of all, do we devote regular periods every day to prayer, meditation, and reading the Bible and other inspirational literature? Do interruptions and unexpected calls upon our time and energy intrude on any regular schedule of devotions that we may arrange? For many, the duties of everyday work, business, profession, or studies seem to crowd the hours to overflowing. How are we to overcome this seeming pressure and find time to practice meditation and prayer?

Many persons who go to school, to offices, stores, or other jobs each morning repeat their affirmations and prayers on the way and again during the lunch hour and on the way home. Some find that the period before arising or after retiring is most conducive to spiritual reception and use this quiet time for devotions. There are 1440 minutes in each day. Surely, each of us can find one, two, or three fifteen-minute periods to devote in concentration and relaxation, to reading or affirming words of love and power, to listening and accepting the inspiration of Spirit.

At any time, in any surroundings we can quiet the

trivial, irrelevant thoughts that flit through our minds much of the time and center our attention on thoughts of God, on uplifting ideas and words. It is one of the most illuminating and invigorating practices imaginable, and one most conducive to spiritual growth and effective living.

Advancing in spiritual discernment through practice, we learn to "pray without ceasing"—in season and out of season, as naturally as breathing. Like Brother Lawrence, we can commune with the Father as perfectly while washing pots and pans as while kneeling in a cathedral. For most of us, however, it is important to arrange for the quiet times of utter relaxation in order most effectively to turn within and hear the Spirit's voice.

"When there is someone for whom I want special prayer—or some problem with which I need help," said my friend Lucy, "I call Mrs. K——. For more than fifty years she has been faithful to her regular devotion periods. She takes her 'prayer list' into the silence three times a day with more promptness than she goes to her meals!" We do not wonder that Mrs. K——radiates youth, love, and confidence; that she is a shining light in our midst!

Next to a realization and practice of the presence of God comes the importance of putting into continuous use our understanding of the power of thoughts and words. We cannot affirm health for fifteen minutes and spend the rest of the day dwelling on symptoms of disease and expect to be radiantly whole. Nor can we affirm prosperity for a few moments, then allow thoughts of dissatisfaction with our material possessions and surroundings to enter

in and expect to realize the true riches of the kingdom.

In The Proverbs we read, "As he [man] thinketh . . . so is he." Or we hear Eliphaz say to Job, "Thou shalt also decree a thing, and it shall be established unto thee." We recall Job's saying during a dark hour, "The thing which I fear cometh upon me." We have to keep on thinking on the health-giving, happiness-provoking, peace-producing ideas if we are to realize these things in our lives.

One of my friends exemplifies this. Lisa was a vivid and talented person, with a fine husband and a lovely home. Widely traveled and well-read, she had delved into various systems of Oriental philosophy, mysticism, and occultism. For many months she had talked impressively about a book on metaphysics by an author with an unpronounceable name that she was reading.

"It takes years to read this book," she told me and several other friends. "I wouldn't advise any of you to start it." Frankly, Lisa's increasing tenseness, her seemingly unhappy relationship with her husband, and the general sense of frustration that had begun to etch lines about her eyes and mouth gave us no inspiration to follow her system of study! Presently we learned that she was hospitalized for several weeks.

"Lisa's going to divorce Jack as soon as she's well enough to go through with it," one of the women told us. "I simply can't understand how she's made such a mess of her life—when she's an advanced student of Truth. At any rate," she added, "we hear her talk a lot about it."

"I don't profess to know much about those things," another of the group said quietly, "but there is quite a bit of difference between *studying* and *doing!* Lisa's so-called psychic experiences seem to have brought only frustration." She turned to Jane, who lives near Lisa. "If you would show Lisa the ABC's of Truth as Jesus taught it—and as you practice it—I'm sure that would help her."

Evidently this same idea occurred to Lisa for she asked Jane's advice and help. Today you would not know that Lisa is the same person. She tells of her revelation as follows:

"I'd become a conceited faultfinder," she admits, "filled with false pride and intellectual vanity. I thought I was putting Truth into operation, imaging a finer home, jewels, cars, and more luxurious travel. And all the time I was ungrateful for the nice home and all the other blessings God has given me. I wanted material things—and subconsciously was blaming Jack for not making more money to supply them. I didn't realize I was ruining my health and wrecking my marriage as I complained and nagged and criticized Jack—even in public!"

Radiant and humbly poised, Lisa goes on: "But Jane showed me in a few simple words. I'd been so busy studying so-called advanced systems of mental science that I didn't have time to put the Master's Laws to work—like following the Golden Rule, loving others, giving thanks, and trusting God. But now I have learned to walk in Truth, and I've found health and harmony. I'm really following the rules that Jesus taught. Every time I catch myself saying a word of criticism or thinking a thought of self-

pity I stop right there and count my blessings and give thanks for them. I stumble occasionally, but I pick myself up and go on again. Jack and I have found true happiness and love. And for the first time in my life, since I've learned to practice Truth, I realize the meaning of prosperity."

Lisa's experience illustrates the fact that it does not matter how much we know about metaphysics. mental science, or Truth if we do not translate our knowledge into terms of action and everyday living. Every simple principle of Truth must be put to work as we recognize and understand it.

"Let us . . . lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, looking unto Jesus the author and perfecter of *our* faith."

As we creep, as we walk, as we run, there is One—the ever-present, ever-loving, indwelling Father—here to guide, to inspire, and to help us.

"In all thy ways acknowledge him,
And he will direct thy paths."

Blessing for Those Who Are Away

The light of God surrounds you; the love of God infolds you; the power of God protects you; the presence of God watches over you; wherever you are God is!

A Christmas Pilgrimage

R. H. GRENVILLE

HAVE YOU EVER WISHED that you might have lived in Bethlehem at the time of Jesus' birth? Or that you could make a pilgrimage to the scenes of His earthly ministry? Many of us have made such a wish, and for most of us the latter dream remains unfulfilled. But there is a pilgrimage of the spirit, a mental journey all of us can take that will add much to the joy and blessing of this holy season.

The life of Jesus is more than a fragment of history. It is symbolic of the development of spiritual consciousness, from the first awakening of the divine idea to its ultimate unfoldment. Let us follow the divine process as it took place in time, and still takes place in the heart made ready to receive it. We may begin this spiritual journey at any time of the year and find it profitable, but it is especially appropriate for the Christmas season.

First Day: The Annunciation

Lesson: The Annunciation takes place when man realizes that there is more to him than is contained "between his hat and his boots." It is the moment when we become aware of the divine self and its possibilities.

Meditation: *In the stillness of my innermost being I perceive the reality of Spirit. I know that God is, that I am privileged to conceive and bring forth His divine idea, even the Christ.*

Second Day: The Visit to Elisabeth

Lesson: Men receive and nourish the word of Truth in secret. Mary cherished the words of the angel, "pondering them in her heart." But there comes a time when the word of Truth must be taken up in faith and acted upon. Mary symbolizes the enlightened mind; Elisabeth, faith in God's willingness to keep His promise. The first step toward outward manifestation is symbolized by the quickening of Elisabeth's unborn child.

Meditation: *In the center of my being is an unshakable faith in God's willingness and ability to keep His word. I am faithful to the Truth divine wisdom reveals to me, and my prayer of faith is answered in due season.*

Third Day: The Magnificat

Lesson: Man's natural reaction to being the cradle of Spirit is one of joy. He rejoices as he contemplates the movement of Spirit toward manifest perfection. The Magnificat symbolizes the feeling of well-being that always follows a realization of God's presence and power.

Meditation: *I am optimistic, joyful, enthusiastic, and confident, because I know "him whom I have believed." Nothing disturbs the inner peace of my nature or clouds my natural joy. I delight myself in Jehovah and praise Him constantly for His manifold blessings.*

Fourth Day: The Journey to Bethlehem

Lesson: Divine self does not demand the impossible. It descends to partake of human nature and human problems, revealing itself to us at our level of un-

derstanding. Mary and Joseph journeyed to Bethlehem in obedience to civil law.

Meditation: *I live according to divine law, which includes obedience to civil law. I seek earnestly and diligently to follow the Truth I know and to obey the prompting of divine wisdom in every situation.*

Fifth Day: No Room at the Inn

Lesson: In the beginning it is sometimes difficult to establish regular periods of meditation and prayer. Habit is strong, and we find to our regret that other demands crowd out our awakening spiritual interests. We should not be discouraged by this. Nor should we resent intruding thoughts and circumstances. Spirit makes its own place. And a sincere desire to know God and devote time to meditation and prayer will create a nucleus in the feeling nature, where the awakening spiritual consciousness is sheltered and nourished.

Meditation: *I am never too busy to recognize God in any situation. External demands do not tire or distress me, because I put God first in my heart, first in my thoughts, first in every situation. Thereby, my life achieves a divine stability, and an unshakable poise.*

Sixth Day: Joy to the World

Lesson: Great ideas are conceived in secret. The idea of man as the son of God is no exception. At first, this idea is revealed only to the higher faculties, but its presence and growth cannot long be hidden. News is soon brought to the life forces of the body. Every cell and tissue become activated with new life. Spiritual vibrations radiate from the solar plexus, along

the nerves to various centers that "shepherd" the life force. This is the first indication that the body, as an organism, has of the wonderful event that has taken place within it.

Meditation: *The cells and tissues of my body are receptive to the word I speak. I am careful to give them only good tidings, to present to them only ideas that I wish to see manifested. To the forces that shepherd the life in my body I declare the presence and power of God to heal, restore, and bless every condition and situation.*

Seventh Day: The Visit of the Shepherds

Lesson: The natural forces of the body are extremely sensitive to thoughts of Truth and are prompt to follow its intuitive leading. Thought has a very real, if imperceptible, effect on the cells of the body. When it is right thought, or thought inspired by divine principles, such miracles as instantaneous healings take place.

Meditation: *My body is permeated by divine intelligence, which is quick to receive the word of Truth. I do not despise my body or think it too humble to receive the word of God. Quietly and confidently I affirm God's presence in the midst of even the most troubled situation. I know that the light which led the shepherds to Jesus will set every cell in my body on the path to perfection.*

Eighth Day: The Gift of the Magi

Lesson: The ruling forces of the mental and emotional nature are closer to the conscious mind, and their activity is less automatic than those governed by

the subconscious. They are represented by the Wise Men or Magi from the East. They do not act from impulse, but from reason stimulated by faith. The Wise Men studied signs in the heavens before embarking on their long and difficult journey. When aroused these higher faculties bring all their substance to enrich the spiritual nature.

The personal will or ego frequently resents the newborn spiritual consciousness. Herod sought "the young child to destroy him." This is done by cunning, by doubt introduced through the intellect. "If I become a 'good' person, I won't have any fun" is one of its favorite arguments. The higher forces, represented by the Wise Men, refuse to betray their trust, however, and the spiritual nature continues its growth in the depths of the subconscious. (Jesus was taken by His parents into Egypt.)

Meditation: *I am not led astray by doubt or disappointment. I trust and follow divine guidance in all things. Spiritual things must be spiritually discerned. I do not hand them over to the intellect, which cannot understand and therefore would destroy them. I am loyal and circumspect in all that concerns my spiritual life, trusting the Spirit of truth to lead me into all Truth.*

Ninth Day: The Boyhood of Jesus

Lesson: It is a common error to believe that one cannot attain true spirituality in a material environment, or that one must go to some quiet place and sever all contact with the world if he would live wholly for God. Many spiritual persons have followed this course, but Jesus was not among them. He grew up

in Nazareth, a village so disreputable that persons asked what good could ever come out of it.

We should not despise so-called material things and look upon them as worthless. Nothing is too humble for God to glorify. Bethlehem, the manger, and Nazareth were typical of all that is poor and humble, yet they sheltered the Son of God.

Spiritual consciousness must evolve in the midst of everyday living. It must be a part of us—of the sort of persons we are and the kind of work we do. Mahatma Gandhi, Florence Nightingale, and Abraham Lincoln served God in different ways, but each life shone with the same light.

Our spiritual life and our everyday life are really one and the same. One will react upon the other. Jesus brought honor to Nazareth. So Truth must radiate through every part of our life and transform it.

Meditation: *I remember that before He embarked on His public ministry Jesus grew up in simple and humble surroundings. He was no different in appearance from any of the persons I meet every day. Therefore, I shall not judge according to appearances, lest I judge falsely and pass by the carpenter when I might have hailed the Christ.*

God delights to glorify humble things and humble people. When I am tempted by doubt and discouragement I will remember Bethlehem and the manger. I delight to serve God in the place where I am.

Consummation: "Be not afraid; for behold, I bring you good tidings of great joy which shall be to all the people: for there is born to you this day in the city of David a Saviour, who is Christ the Lord."

"What Doth Jehovah Require of Thee?"

ELSIE HAWES SMITH

What doth Jehovah require of thee, but to do justly, and to love kindness, and to walk humbly with thy God?

THESE WORDS of Micah's, spoken to his people when they were beset by poverty, graft, and corruption, have been quoted many times in the centuries since he enunciated them. Micah, a contemporary of Isaiah, lived about eight hundred years before the birth of Jesus. Unlike Isaiah, who was a city man of wealth and position, Micah lived in the country. His people were the poor—laborers, farmers, the oppressed. He was of humble origin himself and never was the intellectual orator that the prophet Isaiah was.

Micah's position in the world was not an envied one; his writings were few, comprising only seven chapters of our Bible, and they have been little known and seldom studied. And yet by voicing this one question he left his mark upon the world.

His words were spoken to a half-pagan people who had fallen into devious ways. Dishonesty, graft, and oppression of the poor were rampant. Hopeless and almost helpless, his people sought to appease their God with sacrifices of calves and rams and even their first-born children in propitiation for their sins. There was nothing unusual in this; it was the com-

mon practice of the time. To them God was a God of vengeance. Then came Micah, one of their own people, asking them what good it did to offer their sacrifices when their hearts remained unchanged. "What doth Jehovah require of thee," he asked, "but to do justly, and to love kindness, and to walk humbly with thy God?" To his listeners, this was a new conception of man's relationship with God.

Without realizing it, Micah became the prophet of our twentieth-century religion, for in his simple phrases he expressed a clear definition of a Christian's attitude toward life. The question he put to his people has been repeated through the centuries —a challenge to man to find his better self, to realize his true kinship with God. Jesus voiced the same directive, and still the world was slow to heed.

"To do justly." These words embrace all the rules of honest conduct in business, in government, and in social relations. Honesty, integrity, and fair play are the bulwarks of any lasting prosperity, for either a person or a nation.

All history teaches us one illuminating fact—human nature is a constant factor from the beginning, up to, and including the present day. It is not an altogether gloomy picture, however, for looking back over the story of civilization we see slow evolution and progress. But this slow process can be discerned. In the days of Micah living was a precarious adventure. The worth of a human life was almost nothing at all. If one belonged to the class that had prosperity, his life of ease was taken for granted. But needy persons might starve by the hundreds; beggars might drop dead on a doorstep; nobody cared.

Ignorance was the order of the day. Such was the common pattern of their thinking.

Today we can note a slow development through the centuries. With the coming of Jesus a new concept for social action was proposed—love for God, love of one's fellow men, honesty, riches of the spirit rather than material wealth. It was a tiny seed planted in one small corner of the earth. It was a revolutionary idea, a concept that could grow but slowly. Little by little, a few followers and believers carried the idea to neighboring Mediterranean countries, where a few more converts propagated this new Christian pattern for living. Gradually, the world created new inventions and new social customs, and more persons learned to gain a better existence.

"To love kindness." This involves an individual's behavior toward his neighbor. It is a more personal thought and so is within the circumference of the thinking of more persons. It is a personal challenge on which more persons can act. After all, the thinking of the individual helps to determine the actions of the mob, the state, or civilization in general. This idea of kindness was slow in its development; but it is a great and important factor in the evolution of the manners and customs of the world. A desire for better circumstances for a group rather than an individual led to settlements in far countries, better education for more persons, and the growth, by slow stages, of the many sects of Christianity.

Gradually, the world has awakened to better manners, more comforts, and more learning, until today comparatively few areas of the world are entirely untouched by modern civilization.

"To walk humbly with thy God." This is the ultimate. Emmet Fox in his book "The Sermon on the Mount" defines this humility in language that is both clear and illuminating. He says, "To be *poor in spirit* . . . means to be willing to set aside your present habits of thought, your present views and prejudices, your present way of life if necessary; to jettison, in fact, anything and everything that can stand in the way of your finding God." Meekness, he tells us, is a combination of open-mindedness, faith in God, and the realization that the will of God for us is something joyous and vital. He reminds us also that meekness or humility is a willingness to accept the will of God. In other words, to let God be our leader and our guide.

Ever since the Christian religion was established, it has been the subject of bitter controversies. The pages of history are covered with examples of oppression and martyrdom in the name of a belief in God. But here, too, we note a gradual evolution of thought. Even in the strictest sects a change toward liberality is creeping in. Many denominations are giving up their quarrels over small differences and finding more and more points in common.

Two hopeful signs have appeared during these last years that offer a promise of ultimate fulfillment of Micah's old directive, "Walk humbly with thy God." There is a positive, new awakening to the consciousness of God. Statistics show that church attendance is on the increase. People are finding a desire and a need for a power outside themselves. They are coming into a realization that God is real, that striving for spiritual values is a worthy and

necessary effort. People are beginning to talk about God, acknowledging publicly a relationship with and a dependence on God in their lives.

And with this new awakening to God there is plainly discernible a new attitude toward Him, a new concept of the divine. God is no longer a Being to be approached by long and wordy prayers, no longer a power who wreaks vengeance on the sinner, no longer a far-off and alien Spirit to be asked for mercy and forgiveness. This new God is a Spirit, a part of each and every person. He is a co-operating God, a power that can and will bring order to human lives when sought in simplicity and faith.

Man cannot seek God without an upliftment of thought and ideals. Man cannot realize a nearness with God, who is perfection, without trying to give up the imperfections in human relationships. Every year more and more persons are learning to walk humbly with God—a hopeful sign for the future.

The example of Micah has a definite impact not only on the thoughts but the actions of the present-day people. Micah, in his poor station in life, endeavored to bring to his people an upliftment of thought, a way out of their troubles. And no matter how humble our position or how seemingly limited our place in life, we, like Micah, have a role to play. We have opportunity to serve some other person, some group, some cause.

Those who are ill can pray for themselves and for others who need prayer. Prayers for patience and cheerfulness can go very far toward lightening the work of nurses or family. Prayers can work wonders toward recovery; the concerted prayers of groups

strong in faith have wrought many miracles of happiness, health, and prosperity.

Those who are lonely can find others who are lonely. Almost any minister knows someone in his parish who needs friendliness There are elderly persons who need to receive greeting cards and opportunity to talk. There are sewing projects sponsored by churches or welfare groups. For any lonely person there is a place to help, and by helping to create happiness for someone else one can find a fullness of life that was lacking before.

Those in the world around us have so many needs —clothes, food, books, shelter, leaders for children's and young people's groups, solicitors for the various drives, teachers of crafts for the blind or crippled, therapy, reading aloud, writing letters. There is no end to the needs for service. And there is always church work. There is scarcely a church in this land that does not need more members, more active workers among the adult groups, more Sunday-school teachers, and many more attendants at Sunday-morning services. Here is great opportunity for everyone who has a desire to serve the world and God.

The world has need for those who will take the trouble to use their God-given brains; the world needs those who will take a stand. There are many constructive projects and proposals in our country, State, or town that need our understanding and our active support. Cowardice, graft, strong-arm tactics, dishonesty, or ignorance cost the taxpayers of this country millions every year in misspent funds, in juvenile delinquency, and in crime. It is not alone the responsibility of the lawmakers, the judges, the

Federal Bureau of Investigation, or the police to correct what is wrong with our social system. It is the responsibility of every thinking citizen to take an interest and to take a stand.

There are many small and seemingly unimportant things everyone can do to help. Anyone can write his congressman, asking support for certain worth-while projects or thanking him for a courageous stand. Anyone can back the election of wise and honest officeholders and cast an intelligent vote. Micah took his stand more than two thousand years ago, and we can follow his example in future generations. The twentieth century needs its prophets, too—men and women who are ready to "stand and be counted" even when the cost seems high.

The world is experiencing an upward trend in discoveries and inventions, in wealth and general prosperity, in responsibility toward minority groups and other nations. The march of progress has always been led by men of good will, of inspired thinking, of unremitting action, and of undying faith in God.

Every individual has a place, a sphere of influence. Every person is accountable to himself and to God for his way of life. The population of the world is counted by individuals. It is the thought and action of the individual that determine the trend. As time moves on and more and more persons become conscious of their obligation to the world and to God, the level of man's thought and action is bound to rise, and the approach of peace, prosperity, and justice for all men and all nations is bound to be accelerated.

I Meet My God in Silent Prayer

from the writings of

CHARLES FILLMORE

Illumination: Jesus Christ is the light of my life, and I see my way clearly.

Prosperity: The gifts of the Jesus Christ consciousness enrich my mind, body, and affairs, and I praise God for enduring prosperity.

Healing: The healing consciousness of Jesus Christ restores me to enduring life and health.

INSTRUCTIONS—There is a goodness everlasting and joy beyond expression when you make perfect conscious union with the illuminating, healing, prospering mind of the Christ. The point of contact is a willingness, a seeking, and an expectancy of the Christ on your part. "Seek, and ye shall find; knock, and it shall be opened unto you."

The coming into activity of the Christ principle is the result of an exalted idea sown and nurtured in the mind until it brings forth the fruit of Spirit. With this thought firmly established in consciousness join with us every day for the coming month in the class thoughts that follow, realizing greater illumination, and an increase in both health of body and prosperity in affairs.

The Jesus Christ consciousness is constantly shedding a light on our earth that transcends in glory all the laws of matter and intellect. When we pray in the name of Jesus Christ a new light gradually awakens within. When we continue to be faithful to the silence hour, the word of Truth bursts forth in a stream of light that illumines and glorifies.

Spiritual light is in truth the all seeing eye. "If therefore thine eye be single, thy whole body shall be full of light."

Let us declare often that our spiritual sight is quickened and that we perceive Truth and are conscious of the great omniscience expressing throughout all creation.

It is well to speak often the word of peace, until peace radiates throughout the consciousness, and then realize that we are basking in the sunshine of everlasting Truth. As we make a more definite contact with the Christ Mind, we are divinely guided in all that we do.

Concentrated attention on an idea of any kind is equal to prayer and will make available spiritual principle in proportion to the intensity and continuity of the mental effort. We attain spiritual understanding by persistently praying for it. The law is "He that cometh to God must believe that he is, and *that* he is a rewarder of them that seek after him." The emphasis here is on the word "seek."

Realizing the power of His word, affirm,

Jesus Christ is the light of my life, and I see my way clearly.

The gifts of the Magi are offerings of love to the Christ; inner resources open to the Christ Mind.

When a man gets a realization and feels the demonstration is assured there is great rejoicing. When we have faith that we are destined to do the will of God, all the riches of wise experiences—gifts of gold (riches of Spirit); frankincense (the beauty of Spirit); and myrrh (the eternity of Spirit) are bestowed on us. When the wise thoughts from within bring their presents, there is great rejoicing and satisfaction in consciousness.

There is an invisible thought stuff we name "substance." It is a living energy out of which everything that exists is made. Substance is the divine idea of the underlying reality of all things. It is the center and circumference of all ideas, and through it all the attributes of Being are expressed.

We become conscious of substance by entering into the silence in the name of Jesus Christ, and affirming our faith in it and oneness with it, and praising its presence and reality and giving thanks for it.

In spiritual consciousness whatever good you form in mind and have faith in it will become substantial. Therefore in prayer in the name and through the power of Jesus Christ realize you are receiving gifts direct from the Father's inexhaustible storehouse. Affirm:

The gifts of the Jesus Christ consciousness enrich my mind, body, and affairs, and I praise God for enduring prosperity.

Christians as a whole have not followed Jesus to the ultimate because they have read about Him and His works and tried to imitate His personality, instead of realizing that they have access to the same Spirit in which He abides.

Jesus made a perfect unity with the Father of perfection which we all seek. He broke through the crystallized thought strata and opened the way for all those who will follow Him. By so doing He made a connection between our state of consciousness and the more interior one of the Father.

In order to receive the benefit of Jesus' works it is necessary for us to go to that place where He made the rent in the race belief of illness, and establish ourselves in the healing consciousness of Jesus Christ by decreeing His presence and power. Thus we effect a reunion with His supermind and its tremendous ramifications in heaven and earth, and our ability to restore ourselves to wholeness of mind and body is augmented a thousandfold. When we claim the healing consciousness of Jesus, the Christ in us "tunes" in to the Christ in Him and we are saved from the destructive forces of negative thinking.

"If ye abide in me, and my words abide in you, ask whatsoever ye will, and it shall be done unto you." As promised by Jesus, let us realize that we now abide in His healing consciousness, and that His words of life abide in us, and mind and body are cleansed of all inharmony. A good affirmation is:

The healing consciousness of Jesus Christ restores me to enduring life and health.

Love Casts Out Fear

HESTER FAIRFIELD

LIFE IS FULL of little fears that have no foundation in actual or potential danger. We might include as so-called little fears all the things that irritate us, the things we worry over and become upset about. These things interfere with our efficiency and produce a great deal of wear and tear on our emotions and on the harmonious working of our bodily functions. They cause some persons to become bundles of nerves and victims of heart ailments and stomach disorders. In general, they interfere with the joy we are meant to get out of life.

Fear is a negative emotion. What better proof can there be of this than the fact that one person often fears the same thing another person loves? Of course, he may not call it fear, but here is a person who "just can't stand" to live near the ocean. The sound of the pounding surf makes him nervous and keeps him awake at night. But another person loves the ocean. He feels *en rapport* with its sweeping, rhythmic waves. To him the pounding of the breakers is a thrilling, exhilarating sound. He feels an affinity with its ever-changing moods, and he responds to its bigness. Under the spell of its mighty restlessness he is stirred to action; it seems to enlarge his capacity to do worth-while things.

I could give many similar examples, but I am sure you can think of some yourself. These fears are responsible for the many phobias that are found in

the make-ups of otherwise perfectly brave, even fearless persons. A man who displays great bravery in war may turn pale when he accidentally nicks a finger.

Yes, fear is a negative emotion. It causes us to shrink into ourselves. But love is an expanding, outflowing emotion that literally bathes the object of its love with good will. Yes, love casts out fear.

You cannot imagine yourself being afraid of anything or anyone you love, can you? Would you overcome fear—even your so-called little fears? Then, learn to control your thoughts about them. Exchange your fear thoughts—your negative, destructive thoughts—for positive, constructive, helpful thoughts.

Do you believe that the person who dislikes the ocean to the point of feeling extremely nervous and unhappy near it can change his attitude to one of love and so overcome the fear? He certainly can!

By giving sufficient prayerful thought to the desire to overcome specific fears you will be guided to turn them to love and peace. You can become a person of inner poise who takes an atmosphere of blessing with him wherever he goes.

Here are some true examples of how this idea has been put into practice.

I imagine that almost everyone dislikes the noise of a wailing siren. At one time, I lived in a large city on a main street where ambulances screamed by day and night. It seemed to me that every nerve in my body tensed in protest to the penetrating discordance.

I realized that I must do something about it. So, as has long been my habit, I took it to God in prayer.

The answer came in the realization that I was opening myself to these negative vibrations. I was allowing them to penetrate me much as water penetrates a sponge.

I instinctively felt the necessity of reversing these vibrations, and through meditation and prayer came the answer I needed. In almost every case of a screaming siren someone is in distress. This person very likely needs the upliftment and help of my prayers at this moment. I learned to change the negative emotion that penetrated me to a positive, loving, helpful emotion and turn it around and send it out. I learned to let love flow out from my heart to bless those in the ambulance as well as the driver, the attendants, and the whole situation. This idea grew, and now, whenever I hear a siren, I am able immediately to think of the persons involved. I direct a prayer to bless, to strengthen, and to protect them. I bless all siren-blowing vehicles—ambulances, fire trucks, or police cars with thoughts of divine order, justice, wisdom, and efficiency. It was not easy for me to change my attitude, but with God's help I now feel confident that I am helping to harmonize such situations instead of adding to the discordance in the atmosphere. You can do great good by simply affirming, *"Peace, peace!"* You will know it in the uplifted feeling you will experience.

The bed of a woman who was very ill was put near a grandfather clock. It chimed every fifteen minutes as well as striking the hour with strong, resounding bongs. At first, it seemed that every time she was about to drop off to sleep it chimed and roused her. Then she would lie awake, unable to re-

lax, knowing that it would awaken her again if she dozed.

In her sincere desire to overcome these negative emotions she prayed for a solution. It was then that she noticed that the notes which the chimes struck fitted the words of *The Prayer of Faith;* and instead of resisting them and resenting their intrusion, she repeated The Prayer of Faith every time they chimed. Her pain and discomfort were acute; in fact, so much so that it was difficult for her to keep her mind stayed on any Truth affirmation for very long. After she changed her attitude the clock became a wonderful help to her. For, if her mind strayed into error channels of thought, every fifteen minutes the clock brought back to memory the beautiful and helpful words of *The Prayer of Faith.* The clock no longer kept her awake; and if she heard it in the night, she repeated the prayer and immediately felt God's presence. The atmosphere that had formerly seemed charged with unrest became filled with peace and love. She felt bathed in the infinite goodness of God, and such gratefulness welled up within her that she wanted to share it with the whole world. With new incentive and purpose, soon she was well and strong again.

Mrs. A—— had been very ill and was intensely sensitive to all noise. A dock was being built nearby, and for hours at a time the heavy, jarring, thumping noise of the pile drivers shook her room. The disintegrating effect of this sound made her extremely nervous. She prayed earnestly for a solution; and as she tried to hold steadily to the thought of peace, she dozed. She said that, in this half-sleep, half-

awake condition, the pounding seemed to resemble the way a speaker might pound his fist on a table to drive home a point in his talk. She knew she needed help to hold onto and drive into her mind every positive affirmation possible and not allow her mind to dwell in negative channels of discouragement, fear, weakness, and nervousness. So she began to fit strong words to each thump, driving them home vigorously to her own subconscious mind. She used single words that represented attributes she seemed lacking in, words of great positive good. Hour after hour she kept thoughts of illness and weakness out of her mind by saying over and over with the regular reverberations of the pile drivers, "Strength, strength, strength; power, power, power; health, health, health; courage, courage, courage; God, God, God; good, good, good; Christ, Christ, Christ."

Over and over she repeated these strong, positive words, and their effect upon her condition was dynamic. An annoyance that could have proved quite dangerous to her nervous system actually served her and helped her to gain dominion over a physical condition considered serious.

Now you may say, "What connection do these experiences have with the overcoming of real fear where there is actual or potential danger involved?"

The connection has to do with the fact that extreme irritations cause the same bodily reactions that fear does, be it great or small. The heart pounds; the nerves are shaky, so that the hands tremble; the flesh may become clammy, the mouth dry. The control, the perfect balance of mind and body are temporarily upset in almost exactly the same way.

We may not be able to control the cause of either small irritations or so-called big or danger-filled fears. But we most certainly can learn to control the effect they have on us. By persistently holding to positive thoughts we are steadied. Anyone can prove this to himself. What better proof can there be than to feel balanced, steady, and serene within one's self? Having learned the effectiveness of harmonizing, uplifting, good thoughts, our faith is strengthened. Divine ideas flow to us, and we are able to overcome all fear, because our attitude has become more loving; we resist fewer things, and the result is one of peace and harmony. We have learned that we can, with God's help, control and direct our minds; and we have built a strong foundation that will stand firm against any fear.

Then will our understanding be opened, so that we shall know the meaning of I John 4:18: "There is no fear in love: but perfect love casteth out fear . . . and he that feareth is not made perfect in love."

Affirmation for Guidance

The Spirit of God is guiding me
In any decision I need to make.
This moment, wherever I may be,
The Spirit of God is guiding me.
Thankfully, trustfully I see
And follow the path He bids me take.
The Spirit of God is guiding me
In any decision I need to make.

—IRENE STANLEY

Sunday LESSONS

These lessons point out the symbology of the Bible and i terpret it according to the Unity teaching. Study with open mind and Truth will convince you. Bible text is tak from the American Standard Version of the Bible, copyrig 1929, by the International Council of Religious Educatio lessons are developed from outlines prepared and cop righted by the Council; both are used by permission.

Lesson 10, December 5, 1954

UNITY SUBJECT—*"Forgive Us Our Debts."*

INTERNATIONAL SUBJECT—*A Prayer for Forgive ness.*—Psalms 130:1-6; 86:3-5, 11-13. (In this order.

1. Out of the depths have I cried unto thee, O Jehoval
2. Lord, hear my voice:
   Let thine ears be attentive
   To the voice of my supplications.
3. If thou, Jehovah, shouldest mark iniquities,
   O Lord, who could stand?
4. But there is forgiveness with thee,
   That thou mayest be feared.
5. I wait for Jehovah, my soul doth wait,
   And in his word do I hope.
6. My soul *waiteth* for the Lord
   More than watchmen *wait* for the morning;
   Yea, more than watchmen for the morning.

3. Be merciful unto me, O Lord;
   For unto thee do I cry all the day long.
4. Rejoice the soul of thy servant;
   For unto thee, O Lord, do I lift up my soul.
5. For thou, Lord, art good, and ready to forgive,
   And abundant in lovingkindness unto all them tha
   call upon thee.

11. Teach me thy way, O Jehovah; I will walk in thy truth:
Unite my heart to fear thy name.
12. I will praise thee, O Lord my God, with my whole heart;
And I will glorify thy name for evermore.
13. For great is thy lovingkindness toward me;
And thou hast delivered my soul from the lowest Sheol.

GOLDEN TEXT—

For thou, Lord, art good, and ready to forgive,
And abundant in lovingkindness unto all them
that call upon thee.

—Psalms 86:5.

SILENT PRAYER—*The forgiving love of Jesus Christ now sets me free from hate, jealousy, and condemnation.*

In the Lord's Prayer, as recorded in The Gospel according to Matthew, we read, "Forgive us our debts, as we also have forgiven our debtors." Jesus' comments were, in substance, "How can you expect men to forgive your transgressions until you have first forgiven their transgressions?"

Forgiveness is one of the cardinal virtues of the Christian and one of the hardest to attain. It is not easy to forgive—it takes courage, intelligence, and a great deal of Christian spirit.

This law of erasing from the mind certain thoughts in order that other thoughts may take their place is in harmony with modern psychology; that is, a certain idea must be "dissolved" in consciousness in order that another idea of a different character may be substituted. For example, if you have in mind a thought that someone has wronged you, you cannot be forgiven your wrongs so long as that thought

of wrong holds a place in your consciousness.

Is your thought realm filled with resentment against certain persons? Or have you a feeling that you have been slighted by this one or that one? Jesus taught a universal law of mind when He said: "If ye forgive men their trespasses, your heavenly Father will also forgive you. But if ye forgive not men their trespasses, neither will your Father forgive your trespasses." In this is a sound psychological principle. "Thoughts are things," and they occupy space in the mind. Thoughts are alive and endowed by the thinker with a secondary capacity of thought; that is, the thought entity that the I AM forms assumes an ego and begins to think on its own account.

We can prove to ourselves that the character of our thoughts determines for us not only our own state of mind but our environment. Jesus said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. . . . And . . . Thou shalt love thy neighbor as thyself." This means that we must adjust our thoughts to the one great power, love, as a generating center within, then radiate love to our environment. Our experiences in health, finances, and family relations will be measured by the thoughts we think about ourselves and our neighbor. The great love and trust of the Father-Mind can find no place in our minds when the room is occupied by mistrust.

Try the power of trusting. Are you accusing men of being thieves and rascals? With this thought generating its current of fear and terror and filling your whole consciousness with darkness, where is there room in your mind for the Father's love to

generate its currents of protection? Love and trust are dynamic. Love and trust build better protection than policemen or revolvers.

For a practical application of this law begin today to forgive the thoughts of fear, thieves or burglars, or any injustice by your fellow men. Say to them in the silence: *"In the Spirit of the Christ I forgive you your transgressions. As Jesus came not to save the righteous but sinners, so I come in His name to save you from your own sense consciousness."*

You are doubtless saying, "But such persons are guilty." The question is not how guilty are these men but how do you stand in the sight of the Father as to your ideas about their guilt. Sift your own ideas about the character of persons and things and adjust them to Truth as it is in Divine Mind, or as it is in God-Mind, and you will find yourself evolving an entirely new kind of thought. You have been thinking in terms of the external; now think according to Principle.

He who knows not himself wholly, but just as a superficial, external personality, thinks he is righteous when he adapts his thinking to the moral code and the civil law. He may be filled with self-righteousness and daily lift up his voice in prayer thanking God that he is not as other men are. But he has not forgiven men their transgressions. He looks on every man who does not conform to his standard of morality, religion, or even politics as a transgressor and thanks God for his supposed insight and understanding, but he is not at peace. There is something lacking. God does not talk to him face to face because his thought atmosphere is darkened by the

belief that other men are sinners. We should remember that God is of too pure an eye to behold iniquity. So our first resolve in starting reforms is that we shall forgive all men their transgressions, so that the Father may forgive us our transgressions.

"All men" includes everyone. Forgive yourself. Let the finger of denial erase every sin or falling short that you have charged to yourself. Strengthen that part of your thinking entity which is liable to fall short. "Behold, thou art made whole: sin no more, lest a worse thing befall thee." Then see to it that there is no more sin along this line, and treat the transgression as a mental one instead of as a physical or moral one. Deny in thought the tendency to the error way. And hold yourself firmly to the Christ Spirit, which you divinely are. Part company forever with "accusing conscience." Accusing conscience is the friend of sinners and of all those who have resolved to sin no more.

Jesus promised, "And whensoever ye stand praying, forgive, if ye have aught against any one; that your Father also who is in heaven may forgive you your trespasses."

When you refuse to forgive you do harm to yourself. Forgiveness releases the power of God in you. When you have forgiven others, as well as worldly conditions and even yourself, you will be able to relax your mind and free it from thoughts and emotions that make it tense. God's plan expressing itself through nature must have freedom to act. To be happy, well, and strong, the human body must be relaxed and free from mental darkness. If the natural forces in the body are working under divine direc-

tion, they have opportunity to function properly.

We must remember that sometimes our prayers are not answered because we have placed obstructions in the way. Even a prayer must be set free in order to accomplish. A prayer must be released from human limitations and given entirely into the divine hands. An unforgiving state of mind holds a prayer down to earth as bad weather grounds an airplane.

We can have whatever we ask for if we believe. But we cannot believe in the victorious power of good so long as we hate somebody. A person who condemns shows his lack of faith in God. To be effective, a prayer must be released from personal consciousness, so that it can ascend out of the personal into the spiritual realm. When we learn to forgive then we are free.

QUESTIONS

1. How do we achieve forgiveness for ourselves?
2. What universal law did Jesus teach in regard to forgiveness?
3. How are our experiences with regard to health, finances, and family relations measured?
4. What should be our first resolve in starting any reforms?
5. Why are our prayers sometimes not answered?
6. When is man free?

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Lesson 11, December 12, 1954

UNITY SUBJECT—*The New Birth in Christ.*

INTERNATIONAL SUBJECT—*Yearning for the Living God.*—Psalms 42:1-8; 84:4, 5; 102:25-27.

1. As the hart panteth after the water brooks,
   So panteth my soul after thee, O God.

2. My soul thirsteth for God, for the living God:
When shall I come and appear before God?
3. My tears have been my food day and night,
While they continually say unto me, Where is thy God?
4. These things I remember, and pour out my soul within me,
How I went with the throng, and led them to the house of God,
With the voice of joy and praise, a multitude keeping holyday.
5. Why art thou cast down, O my soul?
And *why* art thou disquieted within me?
Hope thou in God; for I shall yet praise him
For the help of his countenance.
6. O my God, my soul is cast down within me:
Therefore do I remember thee from the land of the Jordan,
And the Hermons, from the hill Mizar.
7. Deep calleth unto deep at the noise of thy waterfalls:
All thy waves and thy billows are gone over me.
8. *Yet* Jehovah will command his lovingkindness in the daytime;
And in the night his song shall be with me,
Even a prayer unto the God of my life.

4. Blessed are they that dwell in thy house:
They will be still praising thee.
5. Blessed is the man whose strength is in thee;
In whose heart are the highways *to Zion.*

25. Of old didst thou lay the foundation of the earth;
And the heavens are the work of thy hands.
26. They shall perish, but thou shalt endure;
Yea, all of them shall wax old like a garment;
As a vesture shalt thou change them, and they shall be changed:
27. But thou art the same,
And thy years shall have no end.

GOLDEN TEXT—*This God is our God for ever and ever.*—Psalms 48:14.

SILENT PRAYER—*The Christ is my strength and my exceeding great reward.*

Christians count the birth of Jesus Christ the greatest event of all time. Not only Christians, but all those who have business relations with Christians acknowledge the outstanding importance of this event by dating their documents from the year in which He was born. Great effort is made to commemorate His birth, and more money is spent each year at Christmas for presents, decorations, and music than for all other sacred days combined. As a rule, all this homage is to a man who lived more than nineteen hundred years ago.

Very few followers of Jesus realize or understand the real significance of His advent in our midst or the relation that we bear to His transition and to the work He did for the upliftment of the whole human family. We submerge the vital issues under the ephemeral outer events of history and thereby lose the spiritual unity between His life and ours. Jesus taught persistently and continuously that through Him we have eternal life. Also, He taught that He did not separate Himself permanently from us but, on the contrary, effected a unity with God-Mind that opened the way for all of us to achieve the same unity and abide with Him in Spirit in a heavenly consciousness.

We need, above all, to realize that Jesus was a spiritually developed man, a man who expressed in mind and body what God expects every one of us to

express. His was a manhood more wonderful than any we have ever dreamed possible. Yet He said, "He that believeth on me, the works that I do shall he do also; and greater *works* than these shall he do."

The discoveries of men have revealed the existence of a universe of dimensions so mighty that our three-dimensional world has been shorn of the last shred of its importance. Matter and its properties may be compared to a very small crack in a universe of substance. In other words, matter is found to have no causative properties whatever. If this is true of the world about us, how overwhelmingly true it must be of man and his body! Without the mind the body is a dead shell, the blood a stream of red ink, and the nerves cotton strings.

When we give importance to the external realm and lay up as treasures its transient forms we neglect the eternal things of Spirit. Man through his mind builds his world out of the things or ideas he thinks most about. For example, we think and talk about the havoc that can be wrought by the atomic and hydrogen bombs and tremble at the thought of the destruction they could bring to the world in the hands of wicked men. The fear goes on because we do not all use our minds logically. Man was put on earth to learn to use his mind and use it in the right way. This is righteousness. Instead of fears, we should center our love thoughts on the atom and see it releasing its dynamic force to build a new world for the good of the whole human family.

The chaotic conditions that prevail among men force us to the conclusion that we are not living ac-

cording to the law instituted by a wise Creator. The Bible teaches that we exist under divine law, in which we are open to God's inspiration, and that we were disobedient and lost the full guiding light and the perpetual inflow of life that accompanied it. Also, that we can be restored to this heavenly realm and attain eternal life if we will take advantage of the redemptive plan offered by Jesus Christ. There are many interpretations of salvation through Jesus Christ, and much confusion exists in Christianity with its many sects, the result of a lack in understanding of its fundamental principles. However, all who appeal to Jesus Christ for spiritual help testify that they get an inward joy and freedom that they would not exchange for all the material riches of the world.

This universal testimony of the joy that follows the simple acceptance of Jesus and faith in His presence and power should cause the most skeptical and indifferent persons to pause in their search for earthly panaceas.

Those who have for even a short time given their thoughts to the Christ Spirit can testify that it has developed in them a new outlook on life. Where before they were doubtful and uncertain, they now have the assurance of the presence of a power that is helping them to better living in every way. Christ has become real, to them, instead of a historical God-man in heaven. Health and prosperity have replaced the former fear of sickness and financial worry. Through Christ we are unified with God and become joint heirs with Jesus Christ to all the treasures of the kingdom of heaven.

QUESTIONS

1. How may we attain eternal life?
2. How does man build his world?
3. What are the rewards of those who appeal to Jesus Christ for spiritual help?
4. How may the skeptical and indifferent find panacea for earthly troubles?

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Lesson 12, December 19, 1954

UNITY SUBJECT—*The Divine Gift.*

INTERNATIONAL SUBJECT—*Praise for God's Gift.*
—Psalms 148:1-3, 11-13; Matt. 1:18-25.

1. Praise ye Jehovah.
   Praise ye Jehovah from the heavens:
   Praise him in the heights.
2. Praise ye him, all his angels:
   Praise ye him, all his host.
3. Praise ye him, sun and moon:
   Praise him, all ye stars of light.

11. Kings of the earth and all peoples;
    Princes and all judges of the earth;
12. Both young men and virgins;
    Old men and children:
13. Let them praise the name of Jehovah;
    For his name alone is exalted;
    His glory is above the earth and the heavens.

18. Now the birth of Jesus Christ was on this wise: When his mother Mary had been betrothed to Joseph, before they came together she was found with child of the Holy Spirit.

19. And Joseph her husband, being a righteous man, and not willing to make her a public example, was minded to put her away privily.

20. But when he thought on these things, behold, an

angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Spirit.

21. And she shall bring forth a son; and thou shalt call his name JESUS; for it is he that shall save his people from their sins.

22. Now all this is come to pass, that it might be fulfilled which was spoken by the Lord through the prophet, saying,

23. Behold, the virgin shall be with child, and shall bring forth a son.
And they shall call his name Immanuel;
which is, being interpreted, God with us.

24. And Joseph arose from his sleep, and did as the angel of the Lord commanded him, and took unto him his wife;

25. And knew her not till she had brought forth a son: and he called his name JESUS.

GOLDEN TEXT—

Oh come, let us worship and bow down;
Let us kneel before Jehovah our Maker.
—Psalms 95:6.

SILENT PRAYER—*The love of the Christ in my heart is the free gift of God to me.*

The purest expression of love is unselfish giving. To give without thought of return is to give as God gives, without stint or measure. "God so loved the world, that he gave his only begotten Son." If God so loved the world, small wonder, then, that we, too, love it! We should not be here, loving the earth and clinging to it as the infant clings to its mother, resting confidently upon it as the infant relaxes in its mother's arms, if we were not intimately and inseparably connected with it. As the world requires

the gift of the divine Son of man to bring out its meaning and make life comprehensible, so do we require the gift of the Christ in our minds and hearts to perfect our expression of the inner life. Whosoever believes that the Christ as a quickening Spirit abides in him has mastered the life secret.

The sophistication of the natural man is the chief obstacle to his entering the kingdom of peace, joy, and satisfaction. A little child represents the simplicity and trust of the one whose mind is stayed on God and who rests secure in this trust regardless of any questions that may arise.

Everyone who has serene confidence in the spiritual reality of life is a son of God, and his birth into the kingdom of higher realities is the awakening of purity of soul and of a new capacity to experience life in its fullness. Spiritual birth is always a virgin birth, and every one who comes into the kingdom comes as a Christ child, in innocence and wholeness, with potential power to grow into the measure of the stature of the fullness of Christ.

The son of man aspires to the divine, which is proof that he contains within himself the element of divinity. The poet Goethe hinted at this in the words: "If the eye were not of the nature of the sun, how could we behold light? If divine force were not at work in us, how could divine things delight us?" The divine is omnipresent, and the son of man therefore becomes a Son of God. This process is a matter of transmutation of the earthly into the spiritual. In the beginning the latter is hidden in the former, and it must be brought into expression by faithful practice.

A gift may lie unused until its presence is no longer realized or suspected, much less believed in. The spiritual nature is the most prized of our possessions, an inexpressible or "unspeakable gift." Yet often it remains the most neglected. This gift must be encouraged, listened to, believed in, awaited. It dwells in us through faith. Unbelief, neglect, absorption in worldly interests keep it inert and inactive.

"All the fulness of God" is at our command as we are able to avail ourselves of it. The soul, which symbolizes love, the universal attracting power, strives to develop the kind of life that connects it with the eternal. The heart of the glad tidings of Jesus Christ to mankind is that God, through love, "gave his only begotten Son," the fullness of the perfect-man ideal in Divine Mind, the Christ, to be the true spiritual self of every individual. By following Jesus' example of recognizing and acknowledging the Christ in our every thought, word, and deed, thus making ourselves one with His completeness, the outer will become as the inner; we shall be like Jesus Christ; we shall know Him as He is. He that truly believes "cometh not into judgment, but hath passed out of death into life." This is the saving work of the Christ.

Divine Mind gives itself to its creation, which is therefore permeated with intelligence. The divine idea makes itself manifest as a free gift, so that everyone to whom the word of God comes may be called a god. However, each one proves his high estate through humility and obedience to divine law, which continues the paradox.

As we realize all that we have and all that we are

has come to us as the gift of divine love and that we make it our own through the exercise of faith we feel a desire to give to others. This is a logical development of divine love, proof to us that we have opened our nature to the influx of the highest, the love of Christ in its fullness.

QUESTIONS

1. What is the purest expression of love?
2. What proof do we in ourselves afford that the earth is our mother?
3. How do we know that we have within us the element of divinity?
4. Why is it possible for the son of man to become a Son of God?
5. How can the spiritual nature be known?
6. What has faith to do with the exercise of our gifts?

Lesson 13, December 26, 1954

UNITY SUBJECT—*The Sure Path.*

INTERNATIONAL SUBJECT—*The Whole Duty of Man.*—Eccles. 1:2, 3, 13; 2:1, 18; 3:16; 4:1; 5:10-12; 12:1, 13, 14.

2. Vanity of vanities, saith the Preacher; vanity of vanities, all is vanity.

3. What profit hath man of all his labor wherein he laboreth under the sun?

13. And I applied my heart to seek and to search out by wisdom concerning all that is done under heaven: it is a sore travail that God hath given to the sons of men to be exercised therewith.

1. I said in my heart, Come now, I will prove thee

with mirth; therefore enjoy pleasure: and, behold, this also was vanity.

18. And I hated all my labor wherein I labored under the sun, seeing that I must leave it unto the man that shall be after me.

16. And moreover I saw under the sun, in the place of justice, that wickedness was there; and in the place of righteousness, that wickedness was there.

1. Then I returned and saw all the oppressions that are done under the sun: and, behold, the tears of such as were oppressed, and they had no comforter; and on the side of their oppressors there was power; but they had no comforter.

10. He that loveth silver shall not be satisfied with silver; nor he that loveth abundance, with increase: this also is vanity.

11. When goods increase, they are increased that eat them; and what advantage is there to the owner thereof, save the beholding *of them* with his eyes?

12. The sleep of a laboring man is sweet, whether he eat little or much; but the fulness of the rich will not suffer him to sleep.

1. Remember also thy Creator in the days of thy youth, before the evil days come, and the years draw nigh, when thou shalt say, I have no pleasure in them;

13. *This is* the end of the matter, all hath been heard: Fear God, and keep his commandments; for this is the whole *duty* of man.

14. For God will bring every work into judgment, with every hidden thing, whether it be good, or whether it be evil.

GOLDEN TEXT—This is *the end of the matter; all hath been heard: Fear God, and keep his com-*

mandments; for this is the whole duty *of man.* —Eccles. 12:13.

SILENT PRAYER—

The path of the righteous is as the dawning light,
That shineth more and more unto the perfect day.
—Prov. 4:18.

In the beginning of his reign, young King Solomon was very humble. He prayed for wisdom and an understanding heart to be equal to his task, and his prayer was granted. It was a reasonable prayer, one that he himself could help to answer by working faithfully with that end in view. He did work, and the understanding he gained surpassed that of all other kings or rulers of his time. In addition to wisdom, or rather because of it, he realized also riches and honor in full measure.

After he had given the way of prayer to God a thorough test and realized glory and honor in his accomplishments, he was persuaded by his heathen wives to worship their gods, as related in I Kings 11:4. It may have been, too, that he was impelled by an overactive curiosity to investigate all the then known systems of faith and ways of life in order to decide for himself which was best.

There are as many degrees of satisfaction in life as there are levels of consciousness. He who is conscious of nothing above or beyond the senses is satisfied with pleasures that appeal to the sense nature. He who is conscious of the pleasures of the intellect must have the stimulus of thought before he can know true joy. While he who is conscious of himself as a factor in the divine plan and of the universe

as a manifestation of divine law "cannot rest but in God above all created things." The things in which a person finds satisfaction and contentment are a sure index to his consciousness.

Since Solomon was of the intellectual type, it is clear that he could never find satisfaction in mere sense pleasures. That he tried to know both wisdom and folly at one and the same time does not bespeak a high degree of practical wisdom or understanding in him, for he must have known that success is conditioned by the degree of concentration that is brought to bear on one thing at a time. He experimented, instead, in opposites, with the inevitable result—a conviction of the utter futility and meaninglessness of life.

Of all states of consciousness that concerned with the mortal self is least desirable. On the personal level all is vanity and disillusionment. Mirth, pleasure, idle laughter, wine, and folly form a crescendo of superficial activities that do not touch the real man. The Preacher did not know that "to live is Christ." That thought would have furnished him a nucleus of Truth with which to work.

To rejoice in our work would seem to give a solid basis of satisfaction with life. In common with many an humbler workman Solomon loved his work, but the main purpose of his work doubtless was to increase his own power and add to his renown, thus consolidating and establishing his kingdom. His work endured only for a time, but his reputation for wisdom has endured until now.

Having tried all the avenues of satisfaction then available, the Preacher found that his first choice

was the right one and that he should have held to it without digressing. The tone of his writings proves that he reaped the reward of his explorations into the world of sense pleasures even if, as he states, his wisdom remained with him throughout and his motive was that of the explorer in a philosophical or scientific spirit. The end of the whole matter is that no one need try every form of folly in order to learn that wisdom is the principal thing. When the best is chosen first and proves itself the part of wisdom is to hold it fast, leaving the less to those who are satisfied with little.

The contemplation of old age following upon a misspent life, with death at the end, is not a happy preoccupation. The wisest of men could have been wiser than he was, and the light that represents wisdom would then have been for him the white light of Truth or the green light of safety rather than the red light of danger that it was. Since life is the stake, empiricism is definitely not the philosophy for us to hold.

QUESTIONS

1. Are humility and aspiration keys to successful living?
2. Does pride of accomplishment encourage curiosity about untried fields or systems of thought?
3. Are our satisfactions dependent on the state of our consciousness?
4. Is it wiser to concentrate on one subject at a time until it is mastered, or should we take all at once in our stride?
5. To which state of mind does the habit of experimenting in opposites reduce us?
6. How can we know that we have the best possible working faith?

Silent UNITY

Jesus Christ is the light of my life, and I see my way clearly.

The Society of Silent Unity, founded more than fifty years ago, is the healing department of Unity School, ministering without seeing them, to those who need help.

Our purpose is to aid through prayer all persons who, having faith in the power of God, ask for help.

Our temporal needs are met by the freewill offerings of those to whom we minister. "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

Our Silent Unity group numbers some hundred consecrated workers who are devoting their lives to God's work for humanity. They are proving daily that physical, financial, mental, and spiritual difficulties can be overcome by righteous prayer. Even though everything else may have failed, we shall pray *with* you, for we have faith that "with God all things are possible."

We pray *with* you and also instruct you how to pray to the Father in secret in order that you may help yourself. Silent Unity is praying always, and your co-operation in prayer is of mutual benefit. Do not hesitate to write to us for help because your problem is personal. All correspondence is confidential.

Address your request to Society of Silent Unity, Lee's Summit, Mo. Cable address: Unity, Lee's Summit, Mo.

Give your full name and address

Prayers ANSWERED.....

These testimonials come from persons who have been healed by the power of Spirit. Those who wish to gain inspiration from someone whom God has healed may write, in care of the Unity School Editorial Department, to givers of these testimonials. Each letter must be unsealed and give the initials and address of the person to whom it is to be forwarded; also the name and date of the periodicals in which the testimonial appeared.

He Shall Have Abundance

INCLOSED PLEASE FIND my check for the total of my prosperity bank. Thank you too for your prayers and help. My husband and I have completed this bank together.

At first he was skeptical and agreed to participate in the bank drill just to please me. However, after just two days he began to get more work at his machine shop and business picked up. So after that he was ready with his offering every night without being reminded.

Then just the last week of our drill, I got a very fine temporary job with good pay and a nice boss. We are very thankful for all the good that has come to us. Thank you again, and God bless you all in your wonderful work.—*Mrs. R.E.S., California.*

I AM INCLOSING THE amount saved in my last prosperity bank. It is now approximately two years since I had my first bank, and I feel that I would be remiss if I did not express to you and to God my sincere gratitude for the joy and blessings that have come into my life since then.

At that time I was ill, discouraged, and out of work, and because of my age it seemed impossible to find employment. Soon after sending for my first bank a position was offered to me, one that I am still holding.

It has been a joy to prove that God is the source of my strength. Not only have my material needs been met abundantly but my health has improved so much that my friends, and even my customers, have commented on my improved appearance. Thank you again, and God bless you.—*E.C., California.*

I AM INCLOSING THE savings from my prosperity bank. It has been a rather thrilling experience to have you work with me in this very fine way. Thank you very much. Each time I use the prosperity bank plan I get a new experience. It is something that never grows old.

I can certainly see a difference in my church work. The tension is all gone; the church is on the march again. Thanks be to God and you. Last Sunday the attendance was unbelievable: the building was packed to capacity, and new members are coming again.

Your help is terrific! Thank God for everyone of you. Keep up the good work and please let me have another prosperity bank.—*D.E.C., Michigan.*

My Help Cometh from Jehovah

I CANNOT EXPRESS in words the wonderful source of light that Unity literature has brought into our home and affairs. We will be ever grateful to you.—*Mrs. D.A., Wisconsin.*

A LITTLE OVER a year and a half ago, I found myself in quite a bit of mental turmoil, uncertain, discouraged, and suffering from rather acute melancholia. A friend of mine, a former college professor, told me of the Unity philosophy and sent me one of your books. Since that time two friends and I have purchased, read, and studied numerous others. We have conscientiously and regularly endeavored to put into practice the principles involved in Unity.

My condition is amazingly improved. My attitude now is one of general optimism and happiness rather than that of depression and melancholia. I believe, too, that minor physical ailments have been ameliorated, although I have no serious physical complaints and never have had. Of a certainty, I know God and Jesus Christ better than I ever have known them before; and my learning to know them has given me infinitely more confidence and pleasure in just living. *—G.P., North Carolina.*

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Father, I Thank Thee

WORDS CANNOT EXPRESS my deep gratitude for your great help in bringing about such wonderful results in my son's school work.

Our prayers that he would pass the one subject in which he was failing were not only answered but he was also selected as one of the class speakers at graduation. This was indeed a great honor which came to him through prayer and faith.—*Mrs. E.A.P., Pennsylvania.*

SEVERAL MONTHS AGO I wrote to you, asking you to join with us in prayer that a home which would meet

our needs might be brought into manifestation. Today I am writing this from the home we purchased less than a month ago. How thankful we are for it, and how quickly our prayers were answered. It meets our needs and has many of the things that we desired. We thank you.—*Mrs. L.B.H., Canada.*

THE UNITY TEACHING is different from anything that I have ever received from any other source. It gives my church attendance a flavor that was not existent before I began reading Unity. The fact that I am a slow student is admitted, but I can truthfully say that I am very proud of the progress made thus far. —*L.C.P., North Carolina.*

I WANT TO TELL YOU that the interview for which I requested your prayers was successful. It was so very casual, and I was not asked for references or credentials, which I was prepared to furnish, that I left feeling that perhaps it had been merely a polite "brush off." In fact, I was almost physically ill with disappointment.

The man said he would let me know the next week. I set the earliest date I could expect to hear and I prayed. I visualized the letter in my box and I gave thanks for the signed contract. When I left for the post office on the date I had set for receiving an answer, I realized I was trembling with excitement—but there in my box was the letter I had been waiting for, just as I had pictured it—and it made me ashamed that my faith had been weak. Thank you so much for your help!—*Mrs. C.W.P., Michigan.*

SEVERAL MONTHS AGO I wrote you asking for your prayers in connection with the selling of my home.

I have always had wonderful results when I have placed my problems in your hands, but I certainly didn't expect this one would be solved so rapidly.

I got in touch with a real-estate company a few days after I wrote you and signed an agreement to sell my property. Five days after, they brought a prospective purchaser who was so pleased with the house and location that he returned the next day and completed the purchase for all cash.

May God's blessings be with you always and may you continue to help others as you have helped me. —*Mrs. G.C.E., Michigan.*

He is My Refuge

INCLOSED IS A love offering which my family and I send with all the gratefulness and appreciation that we know.

Your prayers and affirmations enabled my husband to secure a position with a concern whose personnel have treated him with such kindness and consideration that it is unbelievable! He is working joyously, and all of it is possible through your prayers and affirmations.

We are so grateful. Bless each one of you for your comforting letters and affirmations when I needed them most.—*Mrs. C.W.J., Maryland.*

Whatever that be which thinks, which understands, which wills, which acts, it is something celestial and divine, and upon that account must necessarily be eternal.—CICERO

UNITY CENTERS AND CLASSES

The following leaders are conducting a ministry in keeping with the Christ teachings as interpreted by Unity School.

ALABAMA

Birmingham—Blanche Joki, 2803 Highland ave

ARIZONA

Globe—Sarah Lightle, 117 E Oak
Phoenix—Harold Irving, 213 N 1st ave
Tucson—Chas Smith, YMCA

ARKANSAS

Little Rock—Mildred Brown, 1322 Broadway

CALIFORNIA

Alhambra—Albert Ransford, 25 N 2d
Auburn—John Hinkle, St Luke's Episcopal church
Banning—Rosemary Williams, 1762 N Alessandro
Bakersfield—Della Shutts, Brower bldg
Berkeley—Susanna Scott, Durant hotel
Beverly Hills—Ruth Rae, 200 S Canon
Burbank—Joseph & Mildred Haggerty 1009 Cordova, Magnolia Arcade
Cambria—A Williams, Derby & Warwick
Canoga Park—Mary Hider, 7429 Canoga
Castro Valley—Edith Gruenwald, 1025 Crow Canyon rd
Colton—Harriet Nicholls, 13 W H st
Compton—Margaret Butterworth, 115 N Chester
Culver City—Dollee Phillips, 3979 Tilden
Escondido—Lola Mays, 143 W Grand
Fontana—H P Nicholls, Community church
Fresno—Alice Stokes, 171 Blackstone
Glendale—Clifford Carpenter, 236 So Brand
Hermosa—Winifred Dietz, 77 17th
Inglewood—Maude Galpin, 226 E Spruce
La Crescenta—Mary Adams, 4004 La Crescenta
Long Beach—Louise Newman, 935 E Broadway
Los Angeles—Ernest C Wilson, Norma Knight Jones, C Franklyn Kelly, 635 S Manhattan Pl; Nina Fisher, 3010 Palm Grove; Helen Mouton, 4419 Mettler; Glenna Arrowsmith, 967 W Vernon; Carrie Love, 1540 W Jefferson
Modesto—Alma Ladd, 201 Eye
Monrovia—Irene Malloy, 201 E Lime
Montebello Park—Gertrude Hall, 6169 Southside
Napa—Helen Wade, Churchill manor
North Hollywood—Joseph & Mildred Haggerty, 4871 Lankershim blvd
Oakland—Alma Morse, 144 Athol
Oceanside—Sonja Samiran, K P hall, 115 N Tremont
Pasadena—Max & Frances Flickinger, 293 N Euclid
Pomona—C L Tuntland, 249 W Monterey
Redlands—H P Nicholls, 640 W Fern
Richmond—Winifred Deming, 1125 Nevin
Sacramento—John Hinkle, 1025 9th; Blanche Evans, Native Sons bldg
San Bernardino—Mr and Mrs H P Nicholls, 763 D st
San Diego—Marie Fleming, 441 C st
San Francisco—Mary Scully, 25 Fulton; Ethel Higgins, 133 Geary
San Gabriel—Ethel Turner, 325 S Pine
San Jose—Rose Emery, 40-B S 1st
San Leandro—Barbara Lyons, 209 Joaquin
San Rafael—Helen Wade, 701 Mission
Santa Ana—Myron & Estelle Key, 2015 N Broadway
Santa Barbara—Robert Sikking, 227 E Arrellaga
Santa Cruz—Pauline Powell, 916 Riverside
Santa Monica—Sue Sikking, 1528 3d
Santa Rosa—Helen Wade, 845 3d
South Gate—Edna Drebert, 2945 Tweedy
Stockton—Grace & Laurance Swannell, 48 W Poplar
Taft—Della Shutts, 402 Monroe
Van Nuys—Vera Stenen, 5745 Woodman; Rose Schneider, 13250 Chandler
Vista—Sonja Samiran, 504 S Sante Fe
Walnut Creek—Marie Giles, 1756 Lacassie lane
Whittier—Adelyn Thomas, 103 S Friends

COLORADO

Colorado Springs—Ann Winstead, 1307 W Colorado
Denver—Alice Benson, 1441 Welton
Grand Junction—Mabel Donaldson, No 12th
Pueblo—Edith Wilshire, YWCA

CONNECTICUT

Bridgeport—Helene Kersten, 199 Fairfield
West Hartford—Faith Cornwall, 1 Walbridge rd
New Haven—Bonnie Adams, Hotel Taft

DISTRICT OF COLUMBIA

Washington—Margaret & E Roy Feldt, New Colonial hotel; Ann Sandefer, 1733 Eye st N W

FLORIDA

Clearwater—Louise Beaty, Chamber of Commerce auditorium
Daytona Beach—Mary Huck, 128 B'way
Delray Beach—Lucy Stringer, 415 E Atlantic
Ft Lauderdale—Nora Campbell, Woman's club; Maud Guitteau, 11 NE 8th
Ft Myers—Ann Werner, 1200 Lafayette
Hollywood—Nora Campbell, 211 Morse arcade
Jacksonville—Wm & Bonnie Grenson, 634 Lomax

Lakeland—Dan Gunderson, 412 Riggins
Lake Worth—Maud Guitteau, 20 S Federal hgw
Miami—John Baughman, 158 NE 4th
Miami Beach—May Stoiber, 5501 Pine Tree
Orlando—Carolyn Parsons, 503 S Orange
Pensacola—Eva Rosencrans, 114 W Garden
Sanford—Carolyn Parsons, Valdez hotel
Sarasota—Dorothy Roy, Women's club
St Petersburg—Louise Beaty, 801 6 ave S
Tampa—Ruby Wagner, 626 No B
West Palm Beach—Hal Rosencrans, 707 Florida ave

GEORGIA

Atlanta—Wendell Mixson, 365 Ponce de Leon NE; Mabel Butts, 382 Ashby NW
Macon—Wendell Mixson, Hotel Lanier

HAWAII

Honolulu—Marie Handley, 240 Lewers rd

ILLINOIS

Alton—Elsie Eckert, Mineral Springs hotel
Bloomington—Margaret Cain, 108 E Mulberry
Champaign—Viretta Sutherland, First Methodist Church Parish House
Chicago—W I & Anna Hoschouer, 306 S Wabash; Unity, 64 W Randolph; Janet Beaudry, 410 S Michigan; Myrtle Moore, 1129 E 45; Henrietta Gordon, 4307 S Mich; John Johnson, 1650 S Central Park
Decatur—Hazel Erisman, 317 W Decatur
E St Louis—Florence Schaefer, 656 N 79
Evanston—Maud Kellogg, Evanston hotel
Jacksonville—Viretta Sutherland, Dunlap hotel
Mattoon—Unity, 1305 Broadway
Rockford—Bernice Biggers, 115 S Regan
Springfield—Eva Conover, 709 S 7th

INDIANA

Ft Wayne—Eleonore Krafft, 2440 Fairfield
Gary—Grace Free, YMCA 225 W 5th
Hammond—Grace Free, K of P hall
Huntington—Eleonore Krafft, Court house
Indianapolis—Margaret Strahle, 907 N Delaware; Frederick Andrews, 8 E Market

IOWA

Des Moines—Wm Fischer, 3118 Grand
Sioux City—Grace Dickhaut, Insurance Exchange bldg

KANSAS

Hutchinson—Nona Kerfoot, 316 W 15th
Topeka—Harriet Pfouts, Jayhawk hotel
Wichita—Carl & Lois Moran, 21 & N Oliver

KENTUCKY

Louisville—Maebel Carrel, 1322 S 4; Ruth Cox, 2907 Virginia

LOUISIANA

New Orleans—Elois Echlin, 4730 Cleveland; Ruth Murphy, 3722 St Charles
Shreveport—Gilliam David, 721 College

MAINE

Portland—Unity, 562 Congress

MARYLAND

Baltimore—E Roy Feldt, Emerson hotel

MASSACHUSETTS

Boston—Elinor MacDonald, 30 Huntington
Cambridge—Edna Titus, 881 Massachusetts
Worcester—Elinor MacDonald, Academy bldg

MICHIGAN

Ann Arbor—Marie Munro, 310 S State
Battle Creek—Unity, Woman's league
Bay City—Aelola James, 231 Wash
Birmingham—Frank Glabach, Theater bldg
Detroit—Eric Butterworth, 17505 2d blvd Martha Fishburn, 4221 Eastlawn; Virginia Shipley, 115 E Grand River; Lois Anderson, 146 Englewood
E Lansing—Roxie Miller, 425 W Grand River
Flint—Michael Giannuzzi, Metropolitan bldg
Grand Rapids—Leon Miller, 530 Scribner ave NW
Jackson—Unity, Security bldg
Kalamazoo—Amy Moffatt, 209 W Dutton
Lansing—Nora Hines, YWCA bldg
Midland—Aelola James, Community center bldg
Muskegon—Leon Miller, YWCA
Pontiac—Eve Edeen, 71½ N Saginaw
Royal Oak—Walfred Taurainen, 101 S Troy
Saginaw—Michael Giannuzzi, Woman's club

MINNESOTA

Minneapolis—Lila Ranney, 2300 Hennepin
St Paul—Nellie Hohenwald, New York bldg

MISSOURI

Independence—Fannie Baldwin, 210 N Delaware
Jefferson City—Amanda Clibourn, 319 Ash
Kansas City—Louis E & Ethel Meyer, Dan N Saunders, 707 W 47th
Lemay—Julia McKee, 3701 Bayles
Lee's Summit—Unity Village Center
Overland—Kate Evans, 2422 Goodale
Springfield—Polly Weeks, 213 E Chestnut
St Joseph—Osla Jones, 12 and Felix
St Louis—Wm Helmbold, 4526 W Pine; Hilda Westermeyer, 3616 Bates; Florence Brummer, 4621 S Kingshighway; Ethel Bradley, 4328 Easton

MONTANA

Billings—Ross Breakwell, 101 Lewis
Bozeman—Mary Wessel, 103½ Bridges Arms

Butte—Mary Wessel, YMCA
Great Falls—Lillian Cook, 1022 2 ave S
Livingston—Mary Wessel, 118 E Callender

NEBRASKA

Omaha—C N Broadhurst, 1317 N 42d

NEVADA

Reno—Robt & Fay Caswell, 847 University

NEW JERSEY

Asbury Park—John Manola, Asbury Park One Press Plaza
Hackensack—Eleanor Drew, Woman's club
Montclair—Gladys Stevenson, 6 S Fullerton
Newark—Edith Berry, Berwick hotel
Plainfield—Clarion Lindas, Babcock bldg
Paterson—Gladys Stevenson, 35 Church
Ridgewood—Louise Gerhold, YWCA, 112 Oak
Trenton—Edith Berry, 135 Academy

NEW MEXICO

Albuquerque—Mina Stevenson, 1219 Tijeras ave NW

NEW YORK

Albany—Marian Hoagland, YWCA
Buffalo—Lillian Matthews, Statler hotel
Elmira—Florence Duncan, 455 W Gray
Flushing—Adele Woodruff, 135-42 40 rd
Forest Hills—Adele Woodruff, Tennis Grill, 6 Burns
Great Neck—Emma Jean Sartori, 1 Ash
Ithaca—Unity, Women's Community bldg
New Rochelle—Ethel Nickelsen, YMCA 175 Division
New York—Georgiana West, 1 W 47; Crichton Boatwright, 57 Park ave; Josephine Siemon, 400 E 59; Stella Wrenn, 15 E 11 st; Nanna Sutton, 2333 8th ave; Janet Holland 2523 7th ave
Rochester—Elise Rosenburg, 55 Prince
Roslyn Heights—Adele Woodruff, 53 Mineola
Schnectady—Marian Hoagland, Lafayette & Chapel
Syracuse—Russell Kemp, 110 Onondaga A
Troy—Marian Hoagland, 1913 5th ave
Valley Stream—Stella Wrenn, 145 S Franklin
White Plains—Eleanor Drew, 254 Martine

NORTH CAROLINA

Asheville—Velma Hoffman, 430 McDowell

OHIO

Akron—Frank Grunder, 1075 W Market
Canton—Fred Beale, 203 6th N W
Cincinnati—Erma E Wissmann, 2853 Madison rd; Millie Leslie, 18 W 9
Cleveland—Earl & Martha Anthony, Hotel Cleveland; Cleo Lee, Masonic temple, 3615 Euclid
Columbus—Joe Jones, 50 West 5th ave
Dayton—Ethel Crouch, 1008 Grand ave
Hamilton—Mary Harding, 117 Ross
Mansfield—Unity, 29½ N Walnut
Marion—Ethel Wallace, YMCA
Springfield—Ross Goodman, 2215 E High
Toledo—Wallace Tooke, 2740 Upton
Warren—Frank Grunder, 156 High NE
Youngstown—Frank Grunder, Home Sav & Loan bldg

OKLAHOMA

Bartlesville—Ruth Jacques, 1101 Johnstone
Muskogee—Ruth Jacques, Equity bldg
Oklahoma City—Alice & Schuyler Cronley, 318 Midwest bldg
Okmulgee—Ruth Jacques, 111 E 7
Tulsa—Grace Kehrer, 25 E 19; Etta Martin, Alvin hotel

OREGON

Eugene—Hugh White, 1215 Oak
Portland—Marian Lance, 811 NW 20

PENNSYLVANIA

Philadelphia—Adelaide Cotter, 1835 Chestnut
Pittsburgh—Andrew Carlson, 809 Arch

PUERTO RICO

San Juan—Santurce—Rafaela Melendez, 306 Condado ave, stop 17

TENNESSEE

Memphis—Hassall Self, 1911 Madison; Montee Falls, YMCA bldg
Nashville—Susan Smartt, 1816 Broad

TEXAS

Amarillo—Eugenia Lane, 2120 Tyler
Dallas—Ruth Gillespie, Cora Crandall, 5638 McCommas
El Paso—Mabel Peck, 1300 E Rio Grande
Fort Worth—Ruth Johnson, 901 Page
Houston—Lillian Brass, 3500 Louisiana; Dale & Donna Newsum, Scanlan bldg; Corine Smith, 3902 Leffingwell
Lubbock—Irene Duncan, 1620C Broadway
San Antonio—Mary Myles, Maverick bldg

WASHINGTON

Bremerton—Marion Brown, 925 Park
Everett—E MacPherson, 2609 Wetmore
Olympia—Warren Meyer, YWCA
Pasco—Beulah Scott, 404 N 7
Redmond—Ella Peterson, Cedar & Kirkland (library bldg)
Seattle—Donald O'Connor, Arcade bldg; Ella Peterson, 1251½ Bothell
Spokane—Herbert Hunt, 1124 W 6 ave
Tacoma—Warren Meyer, 1012½ A st
Yakima—Beulah Scott, 109 S 4

WEST VIRGINIA

Huntington—Daisy Daggett, Lewis Arcade

WISCONSIN

Beloit—Bernice Biggers, YWCA bldg

Mercer—Ella Beierle, Rice lake
Milwaukee—Mae Lundahl, 1820 E North
Sheboygan—Lu Verna Bauer, 1603 S 9

CANADA

London—Herbert Nicklin, 70 Dundas
Montreal—May Duncan, 2132 Tupper
Ottawa—May Duncan, Kings Daughters bldg, Laurier ave
Toronto—Mary & George Dunning, 173 Eglinton ave W
Windsor—Charles Roth, Pitt bldg
Winnipeg—Edna Bowyer, 360 Young

ENGLAND

Carnarvon, North Wales—Dora Johnson, Llanfair hall
Easington Village—Thomas Merrington 11 Sea View, Co Durham
London—Ruth Hacking, 6 Stanhope Terrace, W 2
Nr Whitstable—Olive Hacking, 14 Russel dr, Swalecliffe, Kent
Sunderland—T Merrington, Co Durham

MEXICO

Mexico D F—Clara Kouns Lumpkin, Juarez 30, room 305

Unity literature in French: ASTRA, 10 rue Rochambeau, Paris 9e, France; in Italian: Eva Pasini, 5 Corso Genova, Milano (328), Italy; in German: Kathe Blenkner, Deutschhenenstr 190, Bad Godesberg/Lannerdorf, British Zone; in Swedish & Finnish, Maija Blomberg, Tervakoski, Finland; Shigeharu Uchida, 2997, 2 chome, Gasuga-cho, Nerima Ku, Tokyo, Japan; W A DaSilva, Caixa 1340, Sao Paulo, Brazil (*Daily Word* in Portuguese)

The Purpose of Unity

Unity School of Christianity is a religious educational institution teaching the use of the Jesus Christ doctrine in everyday life, and is not a church. However in disseminating the teachings of Unity, based upon the Bible and especially upon the teaching of Jesus Christ, teachers have formed independent organizations for study and worship, and these organizations have evolved into groups called centers, societies, assemblies, and churches. These groups are a part of the Unity fellowship and work in close co-operation with the Unity School of Christianity, but Unity is not a denomination nor a sect. Those who study the Unity teachings and who attend a Unity church are free to keep their affiliation with any church they desire. Unity teachings explain the action of mind, the link between God and man. They explain how mind affects the body, how it brings man into an understanding of God. Accept what, in Unity, appears to you to be Truth, and withhold judgment on the remainder until you understand it.

Truth Ideas of an M.D.

By Dr. C. O. Southard

For several years Doctor Southard, a former medical-school professor and practicing physician, contributed outstanding articles to Unity magazine. These articles met with such instant and universal approval that they were collected and published as the book *Truth Ideas of an M.D.*

Doctor Southard, with his knowledge of medicine, psychology, and metaphysics wrote about various ills and their causes, outlining the spiritual solution and permanent healing of them. "I believe," wrote Doctor Southard, "that the best treatment of all is a generous dose of Truth, to be repeated until the habit of correct thinking is well established."

Other topics discussed in *Truth Ideas of an M.D.* are: "Bridling the Emotions," "Demonstrating Good," "Speaking of Colds," and "Why Grow Old?"

(*Truth Ideas of an M.D.* is priced at $1.)

UNITY BOOKS AND BOOKLETS

For Beginners in Truth

Beginning Again	$1.00
Doctor Houston Speaking	1.00
Favorite Unity Radio Talks	1.00
God a Present Help	1.00
God Is the Answer — *Dutch, English*	1.00
Great Physician, The	1.00
How I Used Truth — *German, English*	1.00
Lessons in Truth — *English, Italian, German, Spanish, Russian, French, Dutch*	1.00
Letters of Myrtle Fillmore	1.00
More Wonderful You, A	1.00
New Ways to Solve Old Problems	1.00
Peace Begins at Home	1.00
Prove Me Now	1.00
Story of Unity, The	1.00
Things to Be Remembered	1.00
Whatsoever Ye Shall Ask	1.00
You and Your Child — *French, English*	1.00

For Healing

Christian Healing — *German, English*	1.00
Divine Remedies	1.00
Jesus Christ Heals	1.00
Truth Ideas of an M.D.	1.00
You Can Be Healed — *Swedish, English*	1.00

For Prosperity

Both Riches and Honor — *French, English*	1.00
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Prosperity's Ten Commandments	1.00
Working with God	1.00

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Best-Loved Unity Poems	1.00
Be of Good Courage	1.00
Household of Faith, The	5.00
Lovingly in the Hands of the Father	1.00
Mightier than Circumstance	1.00
Prayer Changes Things	1.00
Sunlit Way, The	1.00

For Devotion

Effectual Prayer	1.00
Holy Bible, American Standard Version	6.50
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For Advanced Study

Atom-Smashing Power of Mind	1.00
Christ Enthroned in Man	1.00
Have We Lived Before?	1.00
Know Thyself	1.00
Let There Be Light	2.00
Metaphysical Bible Dictionary	5.00
Mysteries of Genesis	1.00
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Selected Studies	1.00
Talks on Truth	1.00
Teach Us to Pray — *French, English*	1.00
Twelve Powers of Man, The	1.00
What Are You?	1.00

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Adventures of the Seven Spartans	1.00
Barky's New Home	1.00
Barky and His Friends	1.00
Crybaby Kangaroo	1.00
Jet's Adventures	1.00
Jet and the New Country	1.00
Jet's Choice	1.00

Greeting Booklets

Challenge of the Dawn	.10	I Wish You Merry Christmas	.10
Christmas Blessing	.10	Life Is Consciousness	.10
Christmas Spirit, The	.10	Merry Christmas to You	.10
Gift Imperishable, The	.10	Mental Equivalent, The	.10
God Bless Your Christmas	.10	Week Before Christmas, The	.10
God Is Blessing You Now	.10		
Holy Bread	.10		

(Any 12 of these booklets $1. Envelope included)

NEWS from UNITY

Coming Next Month in UNITY

An article from the writings of Charles Fillmore is a special feature of each issue of UNITY. In the January number the Charles Fillmore article is entitled "Be Thou Made Whole."

"The more enlightened man becomes," writes Charles Fillmore, "the greater is his desire for perfect health. This is logical, for to be healthy is natural. It is a state of being sound or whole in mind, body, and soul." "We must have faith in Spirit," he admonishes the reader, "and through our thinking build it into our consciousness; then our body will be restored to harmony, health, and eternal life."

Also appearing in the January issue is the article "Prayer Changes Things," by Rose Umbreit. "Is there anyone who does not have a desire to have some things changed?" asks the author. "Prayer is the answer," she assures. Biblical examples of prayers that were answered are offered in this article to point up the fact that "prayer *is* power. It changes things!"

Be sure to read these articles in the January UNITY for special inspiration.

Charles Fillmore's Voice on Record

Each weekday morning at 11 o'clock a record of The Lord's Prayer, spoken by Charles Fillmore, with a lovely organ-music background, is broadcasted through the Unity offices. This short devotional period is the source of much inspiration to the Unity workers and enables them to go about their work with renewed consecration and devotion.

Because Unity finds it so helpful, we believe that you

will enjoy having the record for use in your own home devotional periods. You may wish to give it as a gift to friends at Christmas as well.

On the reverse side of the

record is an organ solo of "God Bless You, Everyone," composed by Carl Frangkiser, which is used as the theme music of the "Unity Viewpoint" radio broadcasts. The Lord's Prayer record plays at 78 r.p.m., is made of unbreakable Vinylite plastic in the standard 10-inch size, and is priced at $1.50.

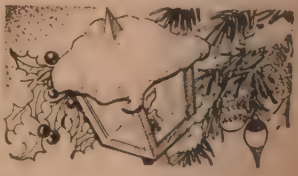
A Thank You at Christmas

Through the Silent-70 Department, Unity literature is sent free of charge to prisons, orphanages, mission schools, hospitals, and many other institutions, as well as to armed forces' libraries and personnel. Also, through its Braille Fund Unity makes it possible for thousands of blind adults and children to receive Unity Braille literature.

At Christmas time these gifts of Unity literature are especially appreciated by those who receive them, because they come from friends —from all the friends of Unity who support this work through their love offerings. To these friends Unity sends a warm Christmas thank you from the Silent-70 and Braille departments, and from all whom they serve.

New Children's Book for Christmas

Barky's New Home is the title of Unity's new read-aloud book for children. Written by Georgia Tucker Smith, the book contains rhymed-prose stories that children will love, and it is illustrated with lively drawings of Barky, his new master, and his dog friends. This new



book about the little dog Barky and his adventures will make an especially nice gift for younger boys and girls. And if they do not have the first Barky book, *Barky and His Friends*, you may wish to

order it as well. *Barky's New Home* and *Barky and His Friends* are $1 each, or both books for $2. A complete description of all the Unity books for children is given on

another page of this issue.

To Introduce Friends to Unity

Here is an excellent way to introduce your friends to the Truth teaching and the Unity movement: Give them the book *The Story of Unity* for Christmas. *The Story of Unity* (a standard Unity book, priced at $1), is an abridged edition of the de luxe $5 book *The Household of Faith,* by James Dillet Freeman. *The Story of Unity* includes all of Mr. Freeman's original text about Charles and Myrtle Fillmore and the founding and growth of the Unity movement. It omits only the special binding, colored photographs of the Unity buildings and grounds, and selected articles by Charles Fillmore that are included in the de luxe $5 edition. Send your order today for as many copies as you will need of *The Story of Unity* ($1 each) and receive them in plenty of time for Christmas giving.

New "Coon Holler" Serial Begins This Month

In August 1951 the first "Coon Holler" serial began in *Wee Wisdom.* Boys and girls liked it so well that they asked for another, and the second, "The Tune of Coon Holler," began in December 1952. We have received many letters praising this second serial and asking for still another. A third, entitled "The House of Coon Holler," begins in this month's issue. The third serial is written by Olive Rambo Cook, as were

the other two. In this story Jo Ann and Kenneth Brice and all the other children of the Coon Holler district discover that they are about to lose their beloved school—building and all. What they

do about it makes exciting reading.

The first installment of this new serial and all the other stories and exciting features make the December issue especially good for introducing *Wee Wisdom* to new boys and girls. A year's subscription for *Wee Wisdom* is an ideal gift for children up to 13 and is only $2.

Remember These Books for Special Gifts

Here are four books that will lend special significance to the Christmas season for your friends. Given as gifts, they will carry a rich blessing and inspire the recipient for many months to come.

THE HOUSEHOLD OF FAITH— This attractive volume tells the story of Unity and its founders, Charles and Myrtle Fillmore. It was written by James Dillet Freeman, who knew and loved these two great persons, and the story is told with humility and devotion to Truth. Bound in rich brown Keratol, lettered in gold leaf, containing color photographs of Unity School and its grounds, it includes selections from the writings of Charles Fillmore as well. The price is $5.

HOLY BIBLE—This revered and sacred book is always a tasteful gift that will be cherished for a lifetime. The Nelson Teachers' Edition of the Bible, which follows the American Standard Version, is the edition that Unity supplies and uses. Printed on imported Bible paper and bound in beautiful, long-wearing Keratol, this volume is priced at $6.50.

METAPHYSICAL BIBLE DICTIONARY—Students of the Bible will find this book especially valuable as an aid to their studies. The *Metaphysical Bible Dictionary* gives the inner, hidden meaning of scriptural names of persons and places and usually includes a brief explanation of the derivation of the words as well. Containing 706 pages of enlightening definitions, this book is the result of years of research and preparation. Bound in rich brown Keratol, the *Metaphysical Bible Dictionary* is priced at $5 a copy.

LET THERE BE LIGHT—Written by Elizabeth Sand Turner, educational director of Unity Training School, this book is the first comprehensive Unity textbook on the Old Testament. *Let There Be Light* is bound in blue and stamped with gilt. A reference work containing more pages than the standard Unity books, it is $2 a copy.

Unity
BOOKS FOR CHILDREN

For Younger Children

Barky and His Friends Crybaby Kangaroo
Barky's New Home (new)

Three books of read-aloud rhymed-prose stories by Georgia Tucker Smith. Charming animal drawings, bright, full-color covers. $1 each.

Thank You, God

A children's book on prayer, by Bill and Bernard Martin. Full-color illustrations. $1.

For Older Children

Jet's Adventures Jet's Choice
Jet and the New Country

Three books of pioneer stories about Jet Stockwell and his family as they journey across country in a covered wagon and make a new home in the West. By Bula Hahn. Illustrated with pen-and-ink drawings; bound in red. $1 each.

Adventures of the Seven Spartans

Fourteen fascinating *Wee Wisdom* stories of how the members of the Spartan Club live up to their ideals of courage. By Lawrent Lee. Bound in green, $1.

Teach Me to Pray

Thirty stories and prayers for children—a page for each day of the month. By Bill and Bernard Martin. Beautifully illustrated in full color. $1.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Christmas

GREETING BOOKLET ASSORTMENT

Merry Christmas to You (new)
The Challenge of the Dawn
Christmas Blessing
The Christmas Spirit
The Gift Imperishable
God Bless Your Christmas
God Is Blessing You Now
Holy Bread
I Wish You Merry Christmas
Life Is Consciousness
The Mental Equivalent
The Week Before Christmas

Give Unity Greeting Booklets as gifts—send them as cards—slip them under the ribbons of gifts you wrap. These colorful, attractive booklets are inexpensive and require limited reading time, but they carry practical messages that everyone will enjoy and use.

Merry Christmas to You

This new Christmas greeting booklet will say, in the nicest way, all the warm and friendly wishes that you want to convey to others at the Christmas season. It contains short articles by Ernest C. Wilson appropriate to the season, plus a group of poems by various authors in the true spirit of Christmas. Its charming colored cover bears a photograph of a group of youthful carolers that will warm the hearts of all who receive it.

Complete with special Christmas envelopes, these greeting booklets come to you ready to be addressed and mailed to your friends. Price, 10 cents each—assortment of 12 for $1.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Seven Unity Books—$1 EACH

DOCTOR HOUSTON SPEAKING—*Unity's Newest Book*—Inspiring stories compiled from *Weekly Unity* that tell of the help kindly Doctor Houston gives those who come to him for counsel. By Zelia M. Walters.

BEST-LOVED UNITY POEMS—*Poetry*—This anthology of favorite Unity poems includes many seasonal works for holidays and special occasions as well.

PEACE BEGINS AT HOME—*Self-Improvement*—A book rich with warm, human-interest stories from UNITY magazine telling how others have brought peace into their lives and how we may do the same. By Clara Beranger.

EFFECTUAL PRAYER—*Prayer*—A dependable guide to making prayer effective. Twenty-eight meditations and a thorough explanation of prayer. By Frances W. Foulks.

FAVORITE UNITY RADIO TALKS—*Living Today*—Twenty-seven of the most popular scripts used on the "Unity Viewpoint" radio programs. A wide sampling of subjects from everyday life.

GOD IS THE ANSWER—*Happiness*—Fourteen of Dana Gatlin's most helpful articles that will show the reader how to bring more happiness into his life.

THE STORY OF UNITY—*Biography*—James Dillet Freeman tells the story of Charles and Myrtle Fillmore and how they founded the Unity movement. (This is an abridged edition of the de luxe $5 book *The Household of Faith.*)

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

"TO INSURE A WONDERFUL CHRISTMAS"

"I had even greater success with my second Prosperity Bank than with the first one. My Christmas bonus was twice what I had expected. I am the first in my company to get two weeks' vacation after a year's employment, then my second pay increase in a year. As if that weren't enough to insure a wonderful Christmas, my husband started working again Christmas week, after a serious accident and illness. We had not thought he could work for another month or so. Certainly God has been good to us."

Using the Bank plan can help you, as it did this woman in Oregon. Mail in the coupon, follow the instructions you receive with your Bank as Silent Unity prays with you, and receive added prosperity at Christmas time.

UNITY SCHOOL OF CHRISTIANITY, LEE'S SUMMIT, MISSOURI

Here is my order for three UNITY gift subscriptions for Christmas and a Bank in which to save the $3 cost of these subscriptions.

NAME .....

Street .....

City ..... State .....

NAME .....

Street .....

City ..... State .....

NAME .....

Street .....

City ..... State .....

SENDER'S NAME .....

Street .....

City ..... State .....

Please indicate postal zone number, if cities are so divided.

U-12-54

Unity Magazines for Christmas

WEE WISDOM—An illustrated monthly magazine for boys and girls up to 13 years of age that inspires them with the joy of right living. Contains Truth-in-action stories, handicraft projects, puzzles, paper dolls, songs, special departments. $2 a year.

DAILY WORD—An attractive, pocket-size monthly magazine offering a prayer, lesson, and Bible verse for each day of the month, plus special articles and poems. $1 a year.

YOU—Stories and articles that help teen-agers to aim for high goals and to use Truth in solving their problems. $1 a year.

WEEKLY UNITY—Eight pages of inspiring articles, poems, testimonials, a column by Lowell Fillmore, and other helpful features. $1 a year, 52 issues.

UNITY—Of course, you know about UNITY, our oldest magazine. Probably you have friends to whom you wish to send UNITY; and if you wish to use the Prosperity Bank plan for ordering it, the coupon on the opposite page will prove helpful.

GOOD BUSINESS—Articles by and about those who succeed through using Christian principles in the workaday world; also helpful feature departments. $1 a year, 12 issues.

UNITY SUNDAY-SCHOOL LEAFLET—A weekly leaflet for young people, for Sunday-school teachers, and for parents who wish to give Truth instruction in the home. $1 a year, 52 issues.

EL SEMBRADOR—A free bimonthly magazine for Spanish-speaking people. Write for further information.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Christmas Story

Lena B. Ellingwood

Angels of Christmas, a glorious throng,
Sing again the wondrous song
They sang o'er Bethlehem years agone,
On the blessed morn when the Child was born.

List to their song with the spirit's ear—
Low and rapturous, sweet and clear.
"Glory to God," the song began;
And its end was "Peace, good will toward men."